



GUIDING STAR
— WAKOTA —

April Fertility Awareness Classes at Guiding Star Wakota

Who are these classes for?

Free sessions are for women or teens who want to learn more about their menstrual cycles and their fertility.

Intro sessions are for women who would like to start using fertility awareness or who are interested in changing methods.

Follow-up sessions are arranged individually with the instructor.

Registration required for all classes: <https://www.signupgenius.com/go/10cof44aea62ea5ffcf8-april1#/>

All classes in-person at Guiding Star Wakota: 1140 S. Robert St. West St. Paul

Fertility Awareness 101 - \$40

April 8th 10-11am | Emily Kirkwold, PharmD

SymptoPro Intro Session - \$40

April 12th 12-1pm | Katie Coughlin, RN

Fertility Education and Medical Management (FEMM) Intro Session - \$40

April 11th 6-7:30pm | Karen Dosh, RN

Marquette Method Intro Session - \$40

April 8th 10-11am | Emily Kirkwold, PharmD

Fertility Awareness in Perimenopause- \$40

April 29th 10-11am | Julie Mickelson

We are happy to accommodate your schedule with prior request, please email fertilityawareness@wakota.org, who will help you coordinate with the instructor's schedule.

Child Watch Available on weekday 9AM-5PM

Financial assistance available upon request

Questions? Email: fertilityawareness@wakota.org