



June 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.

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

Registration Required: <https://www.signupgenius.com/go/10c0f44aea62ea5ffcf8-june1#/>

Fertility Awareness 101 - Free

June 21th, 1-2pm | Karen Dosh, RN

SymptoPro Intro Session - \$40

June 21th, 12-1pm | Katie Coughlin, RN

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

June 13th 6-7:30pm | Karen Dosh, RN

Marquette Method Intro Session - \$40

June 17th, 9-10am | Emily Kirkwold, PharmD

All about Your Cycle for Teens

June 17th 10-11am | Emily Kirkwold, PharmD

Fertility Awareness in Postpartum

June 22th 2-3pm | Julie Mickelson, MD, OBGYN

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