



GUIDING STAR  
— WAKOTA —

# May 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 for all classes:

<https://www.signupgenius.com/go/10c0f44aea62ea5ffcf8-may23#/>

### **Fertility Awareness 101 - \$40**

May 16th, 5-6pm | Karen Dosh, RN

### **SymptoPro Intro Session - \$40**

May 6th, 10-11am | Katie Coughlin, RN

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

May 16th, 5-6pm | Karen Dosh, RN

### **Marquette Method Intro Session - \$40**

May 18th 6-7pm | Emily Kirkwold, PharmD

### **Creighton Intro Session- \$40**

May 20th 10am | Alice Schwantes

separate registration required: <https://www.tcnfp.org/class-schedule-2/>

We are happy to accommodate your schedule with prior request, please email [fertilityawareness@wakota.org](mailto: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](mailto:fertilityawareness@wakota.org)