



July Fertility Awareness Classes at Guiding Star Wakota

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 to a new method.

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/10COF44AEA62EA5FFCF8-july1>

SymptoPro Intro Session - \$40

July 12, 12-1pm | Katie Coughlin, RN

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

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

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.

In-Person Free Classes On-Demand

Fertility Awareness 101

Fertility Awareness in Perimenopause

Fertility Awareness in Postpartum

Taught by Julie Mickelson, OBGYN, MD
Contact us today at fertilityawareness@wakota.org

Creighton Method Intro Session - \$40

July 29th 10-11am | Alice Schwantes

Separate Registration Required: <https://www.tcnfp.org/class-schedule-2/>

Financial assistance available upon request

Questions? Email: fertilityawareness@wakota.org