



# September 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/10C0F44AEA62EA5FFCF8-sept>

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

Sept 12th 6-7:30pm | Karen Dosh, RN

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

Sept 9th 10-11am | Leah Grinets

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.

### **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](mailto:fertilityawareness@wakota.org)

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

Sept 23rd 10-11am | Alice Schwantes

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

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Financial assistance available upon request

Questions? Email: [fertilityawareness@wakota.org](mailto:fertilityawareness@wakota.org)