

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FERTILITY CENTER WELLNESS PROGRAM FEBRUARY 2018 Learn more about our Wellness Program online at: http://nyulangone.org/locations/fertility-center/fertility-wellness-program				1	2 ✂ Yoga (DC) 10:30 – 11:30am ◆ Yoga (BR) 5:30 – 6:45pm Groundhog Day Wear Red Day	3 ■ Acupuncture 11am – 2:30pm (BA)
4	5 ● Acupuncture 2-5pm (LR)	6 ✂ Yoga (DC) 10:30 – 11:30am ■ Acupuncture 4:30 – 7:30pm (BA) ☯ Yoga (DC) 7-8pm	7 ✂ Acupuncture 5 – 7:30pm (SF)	8	9 ✂ Yoga (DC) 10:30 – 11:30am ◆ Yoga (BR) 5:30 – 6:45pm	10 ■ Acupuncture 11am – 2:30pm (BA)
11	12 ● Acupuncture 2-5pm (LR)	13 ✂ Yoga (DC) 10:30 – 11:30am ■ Acupuncture 4:30 – 7:30pm (BA) ⌘ Mind/Body #4 6:30 – 8:30pm ☯ Yoga (DC) 7-8pm Mardi Gras	14 ✂ Acupuncture 5 – 7:30pm (SF) Ash Wednesday Valentines Day	15	16 ✂ Yoga (DC) 10:30 – 11:30am ◆ Yoga (BR) 5:30 – 6:45pm Chinese New Year	17 ■ Acupuncture 11am – 2:30pm (BA)
18	19 ● Acupuncture 2-5pm (LR) Presidents' Day	20 ✂ Yoga (DC) 10:30 – 11:30am ■ Acupuncture 4:30 – 7:30pm (BA) ☯ Yoga (DC) 7-8pm	21 ✂ Acupuncture 5 – 7:30pm (SF)	22	23 ✂ Yoga (DC) 10:30 – 11:30am ◆ Yoga (BR) 5:30 – 6:45pm	24 ■ Acupuncture 11am – 2:30pm (BA)
25	26 ● Acupuncture 2-5pm (LR)	27 ✂ Yoga (DC) 10:30 – 11:30am ■ Acupuncture 4:30 – 7:30pm (BA) ☯ Yoga (DC) 7-8pm	28 ✂ Acupuncture 5 – 7:30pm (SF)			

- ☯ **Yoga at NYULFC – Dalia Cohen**
5th Floor lobby
yotility@gmail.com
Safe to practice at any time during your treatment.
- ⌘ **Mind/Body Classes - Helen Adrienne**
420 E. 64th Street, Apt. E1C
(between 1st and York Avenues)
Helen@HelenAdrienne.com
(212) 758-0125
Series of four classes – take one or take them all. <http://helenadrienne.com>

 - **Acupuncture with**
 - **Lara Rosenthal**
 - ✂ **Sara Frohlich**
 - **Belinda Anderson**
 Hours listed are onsite at NYULFC
(212) 807-6769
info@lararosenthal.com
Safe to practice at any time during your treatment. Also available offsite.
- ✂ **Yoga at Earth Yoga – Dalia Cohen**
Earth Yoga, 328 E. 61st Street
<http://earthyoganyc.com>
earthyoganyc@gmail.com
(646) 726-4710
Safe to practice at any time during your treatment.
- ◆ **Restorative Yoga – Barrie Raffel**
Amsterdam Ave. at 75th Street
barrieraffel@earthlink.net
Safe to practice at any time during your treatment.
- **Nutrition Counseling with**
Bridget Murphy
(646) 754-4902
bridget.murphy@nyumc.org

