

Learn more about our Wellness Program online at: <http://nyulangone.org/locations/fertility-center/fertility-wellness-program>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 <i>Groundhog Day</i>	3 ✿ Acupuncture 2-5pm (LR)	4	5	6	7 ◆ Yoga 5:30 – 6:45pm <i>National Wear Red Day</i>	8
9	10 ✿ Acupuncture 2-5pm (LR) <i>Tu B'Shevat</i>	11	12	13	14 ◆ Yoga 5:30 – 6:45pm <i>Valentine's Day</i>	15
16	17 ✿ Acupuncture 2-5pm (LR) <i>Presidents' Day</i>	18	19	20	21 ◆ Yoga 5:30 – 6:45pm	22
23	24 ✿ Acupuncture 2-5pm (LR)	25 <i>Mardi Gras</i>	26 <i>Ash Wednesday</i>	27	28	29

## FERTILITY WELLNESS SERVICES



### Fertility Support Group with Dalia Sabari

515 Madison Avenue, Fl. 21  
yotility@gmail.com  
www.yotility.com  
(201) 314-6620

Private fertility yoga classes also offered throughout the week



### Mind/Body Classes with Helen Adrienne

420 E. 64th Street, Apt. E1C  
(between 1<sup>st</sup> and York Avenues)  
helen@helenadrienne.com  
www.helenadrienne.com  
(212) 758-0125

Focuses on the best mind/body strategies for coping with the stress of infertility.  
*Classes will resume in March*



### Acupuncture with ✿Lara Rosenthal and ✿Sara Frohlich

Hours listed are at NYULFC.  
Also available offsite.  
info@lararosenthal.com  
www.lararosenthal.com  
(212) 807-6769

Safe to practice at any time during your treatment.



### Restorative Yoga with Barrie Raffel

Amsterdam Ave. at 75th Street  
barrieraffel@earthlink.net  
Safe to practice at any time during treatment.



### Nutrition Counseling with Bridget Murphy

(646) 754-4902  
bridget.murphy@nyumc.org