

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NEW YEAR'S EVE OFFICE CLOSED	NEW YEAR'S DAY OFFICE CLOSED	2 ✂ Yoga (DC) 10:30 – 11:30am ■ Acupuncture 4:30 – 7:30pm (BA) ☯ Yoga (DC) 7-8pm	3 ✂ Acupuncture 5 – 7:30pm (SF)	4	5 ✂ Yoga (DC) 10:30 – 11:30am ◆ Yoga (BR) 5:30 – 6:45pm	6 ■ Acupuncture 11am – 2:30pm (BA)
7	8 ☯ Acupuncture 2-5pm (LR)	9 ✂ Yoga (DC) 10:30 – 11:30am ■ Acupuncture 4:30 – 7:30pm (BA) ☯ Mind/Body #1 6:30 – 8:30pm ☯ Yoga (DC) 7-8pm	10 ✂ Acupuncture 5 – 7:30pm (SF)	11	12 ✂ Yoga (DC) 10:30 – 11:30am ◆ Yoga (BR) 5:30 – 6:45pm	13 ■ Acupuncture 11am – 2:30pm (BA)
14	Martin Luther King Jr. Day	16 ✂ Yoga (DC) 10:30 – 11:30am ■ Acupuncture 4:30 – 7:30pm (BA) ☯ Mind/Body #2 6:30 – 8:30pm ☯ Yoga (DC) 7-8pm	17 ✂ Acupuncture 5 – 7:30pm (SF)	18	19 ✂ Yoga (DC) 10:30 – 11:30am	20 ■ Acupuncture 11am – 2:30pm (BA)
21	22 ☯ Acupuncture 2-5pm (LR)	23 ✂ Yoga (DC) 10:30 – 11:30am ■ Acupuncture 4:30 – 7:30pm (BA) ☯ Mind/Body #3 6:30 – 8:30pm ☯ Yoga (DC) 7-8pm	24 ✂ Acupuncture 5 – 7:30pm (SF)	25	26 ✂ Yoga (DC) 10:30 – 11:30am ◆ Yoga (BR) 5:30 – 6:45pm	27 ■ Acupuncture 11am – 2:30pm (BA)
28	29 ☯ Acupuncture 2-5pm (LR)	30 ✂ Yoga (DC) 10:30 – 11:30am ■ Acupuncture 4:30 – 7:30pm (BA) ☯ Mind/Body #4 6:30 – 8:30pm ☯ Yoga (DC) 7-8pm	31 ✂ Acupuncture 5 – 7:30pm (SF) Tu B'Shevat	FERTILITY CENTER WELLNESS PROGRAM <h1 style="margin: 0;">JANUARY 2018</h1> Learn more about our Wellness Program online at: http://nyulangone.org/locations/fertility-center/fertility-wellness-program		

☯ **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://earthyganyoc.com>
earthyganyoc@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

