

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FERTILITY CENTER WELLNESS PROGRAM MAY 2018		1 ✨ Yoga (DC) 10:30 – 11:30am ■ Acupuncture 4:30 – 7:30pm (BA) ☞ Mind/Body #3 6:30 – 8:30pm ☯ Yoga (DC) 7-8pm	2 ✨ Acupuncture 5 – 7:30pm (SF)	3 Lag BaOmer	4 ✨ Yoga (DC) 10:30 – 11:30am ◆ Yoga (BR) 5:30 – 6:45pm	5 ■ Acupuncture 11am – 2:30pm (BA) Cinco de Mayo
6	7 ✨ Acupuncture 2-5pm (LR)	8 ✨ Yoga (DC) 10:30 – 11:30am ■ Acupuncture 4:30 – 7:30pm (BA) ☞ Mind/Body #4 6:30 – 8:30pm ☯ Yoga (DC) 7-8pm	9 ✨ Acupuncture 5 – 7:30pm (SF)	10	11 ✨ Yoga (DC) 10:30 – 11:30am ◆ Yoga (BR) 5:30 – 6:45pm	12 ■ Acupuncture 11am – 2:30pm (BA)
13 Mother's Day	14 ✨ Acupuncture 2-5pm (LR)	15 ✨ Yoga (DC) 10:30 – 11:30am ■ Acupuncture 4:30 – 7:30pm (BA) ☞ Mind/Body #1 6:30 – 8:30pm ☯ Yoga (DC) 7-8pm	16 ✨ Acupuncture 5 – 7:30pm (SF) Ramadan Begins	17	18 ✨ Yoga (DC) 10:30 – 11:30am ◆ Yoga (BR) 5:30 – 6:45pm	19 ■ Acupuncture 11am – 2:30pm (BA)
20 Shavuot	21 ✨ Acupuncture 2-5pm (LR)	22 ✨ Yoga (DC) 10:30 – 11:30am ■ Acupuncture 4:30 – 7:30pm (BA) ☞ Mind/Body #2 6:30 – 8:30pm ☯ Yoga (DC) 7-8pm	23 ✨ Acupuncture 5 – 7:30pm (SF)	24	25 ✨ Yoga (DC) 10:30 – 11:30am ◆ Yoga (BR) 5:30 – 6:45pm	26 ■ Acupuncture 11am – 2:30pm (BA)
27	28 Memorial Day	29 ✨ Yoga (DC) 10:30 – 11:30am ■ Acupuncture 4:30 – 7:30pm (BA) ☞ Mind/Body #3 6:30 – 8:30pm ☯ Yoga (DC) 7-8pm	30 ✨ Acupuncture 5 – 7:30pm (SF)	31	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://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

