

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FERTILITY CENTER WELLNESS PROGRAM MAY 2019 Learn more about our Wellness Program online at: http://nyulangone.org/locations/fertility-center/fertility-wellness-program			1 ✱ Acupuncture 5 – 7:30pm (SF)	2	3 ◆ Yoga 5:30 – 6:45pm	4
5	6 ✱ Acupuncture 2-5pm (LR) Ramadan Begins	7 ● Support Group 7-8pm (DS)	8 ✱ Acupuncture 5 – 7:30pm (SF)	9 Yom Ha'atzmaut	10	11
12 Mother's Day	13 ✱ Acupuncture 2-5pm (LR)	14 ● Support Group 7-8pm (DS)	15 ✱ Acupuncture 5 – 7:30pm (SF)	16	17 ◆ Yoga 5:30 – 6:45pm	18
19	20 ✱ Acupuncture 2-5pm (LR)	21 ● Support Group 7-8pm (DS)	22 ✱ Acupuncture 5 – 7:30pm (SF)	23 Lag BaOmer	24	25
26	27 Memorial Day	28 ● Support Group 7-8pm (DS)	29 ✱ Acupuncture 5 – 7:30pm (SF)	30	31	

✱ **Mind/Body Classes**
- Helen Adrienne
 420 E. 64th Street, Apt. E1C
 (between 1st and York Avenues)
helen@helenadrienne.com
www.helenadrienne.com
 (212) 758-0125
 Series of four classes –
 take one or take them all.
CLASSES RESUME 6/3.

Acupuncture with
 ✱ **Lara Rosenthal**
 ✱ **Sara Frohlich**
 Hours listed are onsite at
 NYULFC
 (212) 807-6769
info@lararosenthal.com
www.lararosenthal.com
 Safe to practice at any time
 during your treatment.
 Also available offsite.

◆ **Restorative Yoga**
- Barrie Raffel
 Amsterdam Ave. at 75th Street
barrieraffel@earthlink.net
 Safe to practice at any time
 during your treatment.

● **Fertility Support Group**
- 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

● **Nutrition Counseling with**
Bridget Murphy
 (646) 754-4902
bridget.murphy@nyumc.org

