

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 ☸ Acupuncture 2-5pm (LR) Shmini Atzeret	2 ☸ Yoga (DC) 10:30 – 11:30am ☸ Mind/Body #2 6:30 – 8:30pm ☸ Yoga (DC) 7-8pm Simchat Torah	3 ☸ Acupuncture 5 – 7:30pm (SF)	4	5 ☸ Yoga (DC) 10:30 – 11:30am ◆ Yoga (BR) 5:30 – 6:45pm	6
7	8 ☸ Acupuncture 2-5pm (LR) Columbus Day	9 ☸ Yoga (DC) 10:30 – 11:30am ☸ Mind/Body #3 6:30 – 8:30pm ☸ Yoga (DC) 7-8pm	10 ☸ Acupuncture 5 – 7:30pm (SF)	11	12 ☸ Yoga (DC) 10:30 – 11:30am	13
14	15 ☸ Acupuncture 2-5pm (LR)	16 ☸ Yoga (DC) 10:30 – 11:30am ☸ Mind/Body #4 6:30 – 8:30pm ☸ Yoga (DC) 7-8pm	17 ☸ Acupuncture 5 – 7:30pm (SF)	18	19 ☸ Yoga (DC) 10:30 – 11:30am ◆ Yoga (BR) 5:30 – 6:45pm	20
21	22	23 ☸ Yoga (DC) 10:30 – 11:30am ☸ Mind/Body #1 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
28	29 ☸ Acupuncture 2-5pm (LR)	30 ☸ Yoga (DC) 10:30 – 11:30am ☸ Mind/Body #2 6:30 – 8:30pm ☸ Yoga (DC) 7-8pm	31 ☸ Acupuncture 5 – 7:30pm (SF) Halloween	FERTILITY CENTER WELLNESS PROGRAM <h1 style="margin: 0;">OCTOBER 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**
 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://earthयोगanyc.com>
earthयोगanyc@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