

Making the Most of Your Fertility Treatments

Emotional Health Education for Fertility Patients

Location - 900 Welch Rd, Suite 200 6:30-8:00 pm

(date to be announced)

Please come join us for an informative evening about how you can be your “best self” to optimize your odds for a successful cycle.

Penny Donnelly RN LMFT will present information on how to negotiate the ups and downs of fertility treatments by providing useful information on self-care. Research suggests that those that have reduced stress levels as they enter fertility treatments may actually have higher pregnancy rates.

Included in this lecture/ discussion will include topics such as:

Lifestyle Guidelines – evidences based information on diet, exercise, weight, and recommended activity levels while ‘in cycle’.

Maintaining Optimism – Tips for keeping your spirits bright and hopeful.

Cultivating Resilience - What are the qualities of resilient people and what steps do I take to cultivate.

Creating Healthy Thoughts – How to restructure negative thought patterns into positive and encouraging self statements.

Staying Connected – Things to keep in mind to keep your relationship(s) strong.

Cost - \$26/couple or \$16 individual

Registration and/or questions: Call 650-723-6408 or email pdonnelly@stanfordmed.org

