

Holistic Fertility Group:

The struggle to conceive can be a very emotional and taxing journey. In conjunction with conventional medical treatments, there are several aspects of health and well-being that can be addressed through complementary techniques. These techniques include diet, exercise, acupuncture, herbs, supplements and coping skills that are imperative in surviving the emotional rollercoaster.

This group provides the opportunity for women to come together and learn about the Chinese medical approach to fertility, as well as other holistic approaches to prepare the body for pregnancy. Most importantly, this group provides the opportunity for women to share their experience with other women who are going through the same struggle and know that no one is alone.

New Tools to Enrich Your Fertility Journey



Dates and Topics:

Sunday
May 15th

Chinese Medical Theory of Fertility

We will explore how traditional Chinese medicine (TCM) views the body in terms of fertility. Acupuncture, herbs, relevant research, diet and lifestyle habits will be discussed.

Sunday
June 12th

Introduction to Supplements & Relaxation Techniques

The supplement section of your local health food store can be very confusing! We will go over the most common supplements and their actions. We will also explore different relaxation techniques to be used on a daily basis.

Sunday
July 10th

Emotional Coping Skills: Where to go from here?

Attempting to conceive can be emotionally taxing on many different levels. This meeting will go over some important tools for helping people move forward in their journey.

There is no cost to attend. RSVP: 248.737.7126

All meetings will be from 10:30am - Noon.

Location: **Acupuncture Healthcare Associates of Michigan**

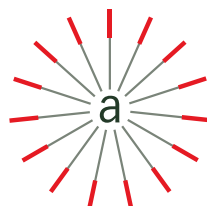
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