



# Fertility Mind and Body Workshop

Would you like to learn about lifestyle changes, relaxation techniques and fertility fitness?

**Please join us by booking today!**

Our workshop is designed to give you practical help and information to maximize your chance of achieving a pregnancy.

Run by experts in the field, expect an informal and relaxed atmosphere with the opportunity to discuss the following:

- Fertility enhancing lifestyle changes
- Relaxation & Meditation techniques
- Self nurturing and coping skills
- Nutrition and exercise information

**When:** Saturday, 1st October 2011  
Saturday, 26th November 2011  
**Where:** HARI Unit  
**Time:** 10am - 4pm  
**Cost:** €80  
**Other:** Light refreshments provided

**To book a place or for any further information please contact:**

**Róisín at [rvenables@rcsi.ie](mailto:rvenables@rcsi.ie) or 087 986 0095.**

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Thank you for your interest in our workshop. Please fill in the details below and leave the form with one of our counsellors.

We look forward to welcoming you on your chosen date.

We will be in touch with you in due course.

**Cintha and Róisín**

I would like to register for the 1st October 2011 or 26th November 2011 (please circle the desired date) workshop.

Contact details:

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Contact numbers: \_\_\_\_\_

Email: \_\_\_\_\_

Other details: \_\_\_\_\_

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