



FPNC Mind-Body and Educational Events

March & April 2010



We are pleased to offer these unique events to help our patients and our community access trustworthy, timely information and support.

Tuesday, March 23

6:30 – 8:00 pm

Lucie Stern Community Center in Palo Alto
Free

Beyond the Birds and the Bees: Expert Advice on Conception

Presented by Dr. Alex Kim

There is a vast collection of suggestions on how to optimize conception, but much of it is contradictory or unproven. Learn which “tips” are true or have real potential, based on our expert physicians’ experience in reproductive medicine. Free – For everyone trying to conceive. Registration appreciated, drop-ins welcome!

Saturday, March 27

All Day Event – 9 to 5
FPNC Center for Wellness
Please register by March 25
Call for more details.

Stress Reduction for Fertility 1-Day Program – Led by Janetti Marotta, PhD

This one-day workshop will teach you mind-body skills to help cope with the stress related to fertility challenges. You will learn mindfulness practices, cognitive skills, coping strategies, and life-style behaviors to reduce stress and enhance well-being. Central components of the 8-week program are condensed into this one-day intensive event. Designed for women and couples attempting to conceive or in fertility treatment.

Monday, March 29

6:30 – 8:00 pm
FPNC Center for Wellness
\$25/household

3rd Party Reproduction: Egg, Sperm, Embryo Donation and Surrogacy

What are some important considerations about 3rd party reproduction? How do you make the best decisions for yourself and your future family? What are important factors in choosing a gamete donor or surrogate? How do you deal with issues of privacy/disclosure? This workshop will address all of these questions and more.

Monday, April 5

6:30 – 8:00 pm
FPNC Center for Wellness
Free

Patient Support Group – Led by Lynn Brokenshire, MA, LM FCC

Gain comfort, advice and camaraderie with others going through similar experiences. Receive support from others who can understand and learn valuable information and coping skills. Our support groups are moderated by an FPNC Mind-Body Counselor. Free – All infertility patients are welcome. Registration appreciated, drop-ins welcome!

Wednesdays, starting April 28

6:30 – 9:00 pm
Registration required, please register early.

Stress Reduction for Fertility 8-Week Program – FPNC Mind-Body Program™ Led by Led by Lynn Brokenshire, MA, LM FCC

Develop new perspectives and qualities that will support you through your fertility challenge. Each week presents a new practice, skill, and topic including mindfulness practices, coping strategies, and life-style behaviors to reduce stress and enhance well-being. The supportive group environment will improve feelings of sadness or isolation. All infertility patients are welcome. Call or visit our website for full details.



For more information and to register:

- Call our event line 866.575.5334
- Inquire at the FPNC reception desk
- Visit www.fpnc.com

Some events require advance registration and/or a minimum number of participants. Please see event info or visit fpnc.com for details.

FPNC San Jose Facility
2581 Samaritan Drive
Suite 302
San Jose, CA 95124
Event Line 866.575.5334

FPNC Center for Wellness
2581 Samaritan Drive
Suite 309
San Jose, CA 95124
Main Line 800.597.2234

FPNC Palo Alto Facility
540 University Avenue
Suite 200
Palo Alto, CA 94301
www.fpnc.com

Lucie Stern Community Center
(650-463-4900 Center #)
Community Room
1305 Middlefield Road
Palo Alto 94301