



FPNC Mind-Body and Educational Events



July 2010

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

Mondays, July 12 & Aug 9

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

Patient Support Group – Led by Lynn Brokenshire, MA, LMFC

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!

Tuesday, July 13

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

IVF In-Depth for Patients – Presented by Dr. Alex Kim

Explore the details of what it really means, from the patient's perspective, to undergo in vitro fertilization (IVF). Take a tour of the FPNC San Jose facility after the presentation. Plenty of Q&A! Free – Everyone is welcome. Registration appreciated, drop-ins welcome!

Saturday, July 24

All Day Event – 9 to 5
FPNC Center for Wellness
Please register by July 22.
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.

Tuesday, July 27

6:30 – 8:00 pm
Lucie Stern Community Center in Palo Alto
Free

IUI, IVF and Other Fertility Solutions – Presented by Dr. Mary Abusief

Learn about the most common causes of infertility and the most promising treatments, including IUI, IVF, Egg donation, ICSI and Preimplantation Genetic Screening. Bring your questions - our experts will answer them! Free – Everyone is welcome. Registration appreciated, drop-ins welcome!

Ongoing Support

for FPNC Patients

FPNC Mind-Body Programs – FPNC Mind-Body Coordinator Janetti Marotta, PhD

FPNC has the best “mind-body for fertility” program in the West! A key part of the support we offer patients is our on-site counselor and mind-body coordinator, Dr. Janetti Marotta. You have the opportunity to get assistance and find support that works for you, including a one-hour, no-charge counseling session. Don't go it alone! Contact Janetti at FPNC.



For more information and to register:

- Call 800.597.2234
- 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