

FPNC Mind-Body and Educational Events



September 2010

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

Monday, Sept 13

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!

Tuesday, Sept 14

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

IVF In-Depth for Patients – Presented by Dr. Preston Nelson

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!

Mondays, starting Sept 20

Group meets Mondays,
6:30 – 9:00 pm; plus one all-day
Saturday session
FPNC Palo Alto Office
Call for details

Stress Reduction for Fertility 8-Week Program – Mary Rodocker, PhD

Develop new perspectives and cultivate qualities that will not only support you through your fertility challenge, but through the rest of your life. Each week presents a new practice, skill, and topic including mindfulness practices, cognitive skills, coping strategies, and life-style behaviors to reduce stress and enhance well-being. The supportive group environment will improve feelings of sadness or isolation.

Tuesday, Sept 28

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. Mary Abusief
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!



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

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

FPNC Palo Alto Facility
540 University Avenue
Suite 200
Palo Alto, CA 94301

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