



FPNC Mind-Body and Educational Events January / February 2010



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

Tuesday, January 26

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

IUI, IVF and Other Fertility Solutions – Presented by FPNC MD

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!

Wednesdays, starting in January

6:30 – 9:00 pm
San Jose or Palo Alto
Registration required, please
register early.

Stress Reduction for Fertility 8-Week Program – FPNC Mind-Body Program™

The 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.

Palo Alto Group – Starting January 21, Led by Mary Rodocker, PhD

San Jose Group – Starting January 28, led by Janetti Marotta, PhD

Monday, Feb 1

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

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

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! Also, Monday, March 1.

Tuesday, February 9

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

IVF In-Depth for Patients – Presented by FPNC MD

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!

Tuesday, February 23

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

The Truth About Biological Clocks – Presented by FPNC MD

Learn what scientific research shows about the female and male “biological clock” and what medical science can (and cannot) do to alter its effects. Also gain trustworthy advice on health habits and family planning to minimize the risk of infertility. Free – Everyone is welcome. Registration appreciated, drop-ins welcome!

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

For more information and to register:

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



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