



Fertility Workshop

Presented by Naturopath & Nutritionist

Teresa Sawyer

Bachelor of Natural Therapies
Advanced Diploma of Naturopathy

Saturday August 21st

2-5pm

Cost: \$60 or \$90 for Couples

Making sure you are as healthy as possible before and during pregnancy is really important for the health of your child, your own health and to avoid complications.

Preconception care can be implemented by both partners 3-4 months before pregnancy to ensure the sperm and egg is strong and healthy.

- Learn about preconception care.
- Learn how to chart your cycle so you know when you ovulate.
- Preconception and pregnancy diet advice.
- Lifestyle advice and stress management strategies.
- Learn about a range of different herbs that can improve fertility.
- Learn about a range of herbs and supplements that can be safely used during pregnancy to help address pregnancy symptoms.
- Learn about what to expect during first trimester, second trimester and third trimester.
- Learn about post birth care

Venue: Brindabella Natural Health Centre

1st Floor Dickson Chambers, Dickson Shops (opposite the post office)

Book Now On: (02) 6262464