

Cambridge IVF
creating your future



Fitness for Fertility

18:00 - 19:00 on Thursdays

Cambridge IVF, Kefford House, Maris Lane, Trumpington, CB2 9LG

Choose the sessions you would like to attend and book!

**FREE 4-week
programme for
anyone who is
thinking about
trying for a
baby!**

FREE 4-week programme for anyone who is thinking about trying for a baby!

This programme is designed to support you and covers topics from pre-conception advice to dealing with the emotional impact of trying for a baby.

Book now!

Thursday 09 November 2017

Complimentary therapist Irina Szmelskyj is giving a talk about the benefits of acupuncture and self-acupressure for fertility.

Thursday 15 November 2017

Q&A session with our nurses on a one-to-one basis to answer any fertility related concerns.

Thursday 23 November 2017

Coping strategies workshop with expert fertility counsellor Jackie Stewart.

Thursday 30 November 2017

Adopting a healthy lifestyle, nutrition and healthy eating - latest evidence. Representatives from local weight loss support groups talking about the benefits of a supportive weight loss programme. Advice from fertility nurses on PCOS and the effect on fertility. Advice on quitting smoking and vaping.

Book now for your FREE 4 week programme www.fitness4fertility.eventbrite.co.uk. If you have any questions, call our lead fertility nurse specialist Jennie Rollason on 01223 349010

