

**FertilityCare**

(Natural Family Planning)

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FertilityCare services offered at Dignity Health Women's Services provide education in both natural family planning and the new branch of medicine in women's health, NaProtechnology. In the Creighton Model System (CMS), the same chart that a couple uses to track the biological marker of fertility within a women's menstrual cycle can also be used by a physician trained in NaProTechnology as a diagnostic tool for a host of gynecological abnormalities and infertility.

Not only is the Creighton Model System medically safe and effective, it offers women an excellent means to monitor, maintain and evaluate their health. Furthermore, natural family planning is eco-friendly and embraced by the Catholic Church.

We offer monthly Introductory Sessions on the dates shown below. Call/email to register, registration fee \$30.00 per couple.

**Introductory Sessions through December 2016**

<b>DATE</b>	<b>DAY</b>	<b>TIME</b>
<b>(English)</b>		
1/19/16	Tuesday	7:30pm
2/17/16	Wednesday	7:30pm
3/15/16	Tuesday	7:30pm
4/19/16	Tuesday	7:30 pm
5/14/16	Saturday	11:00 am
6/21/16	Tuesday	7:30pm
7/20/16	Wednesday	7:30 pm
8/16/16	Tuesday	7:30pm
9/21/16	Wednesday	7:30pm
10/8/16	Saturday	11:00 am
11/15/16	Tuesday	7:30pm
12/7/16	Wednesday	7:30pm
<b>(Spanish)</b>		
1/30/16	Saturday	11:00am
2/27/16	Saturday	2:00 pm
3/26/16	Saturday	11:00am
4/30/15	Saturday	2:00 pm
5/28/16	Saturday	11:00 am
6/25/16	Saturday	2:00 pm
7/23/16	Saturday	11:00am
8/27/16	Saturday	2:00pm
9/24/16	Saturday	11:00am
10/22/16	Saturday	2:00pm
11/26/15	Saturday	11:00am