



Penn Medicine

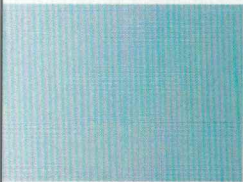
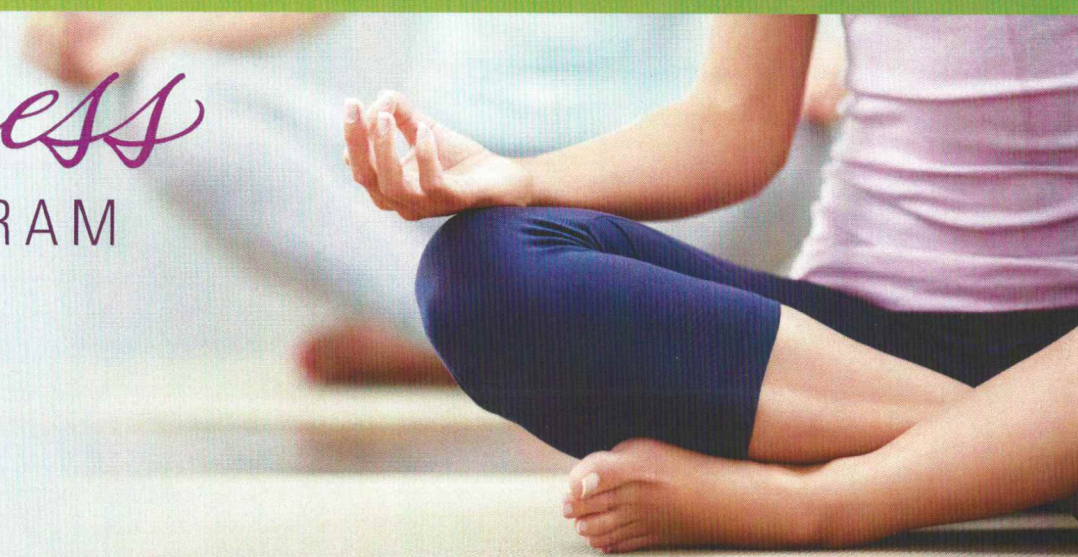
PENN FERTILITY CARE *in collaboration with* THE HEALING ARTS CENTER  
*is proud to introduce the*

FERTILITY

FOR MIND, BODY & SPIRIT

*Wellness*

PROGRAM



Support and skills to help you feel less anxious, less isolated and better able to cope on your fertility journey.



The path to pregnancy is different for every couple. The **Fertility Wellness Program** offers a group, holistic program that supports patients as they undergo traditional medical evaluation and treatment for infertility.

This 8 week program offers personalized interaction with Penn Fertility Care and Healing Arts Center Professionals in a relaxed, comfortable setting. The program promotes the health and relaxation of the mind, body and spirit during your fertility journey through four key components:

- Emotional support
- Behavioral Wellness including tools for Stress Management
- Yoga and mindfulness
- Acupuncture

**Cost:** \$495 for the complete 8 week program

For more information or to enroll in this program, call 215.627.3782 or email [pennwellness@healingphilly.com](mailto:pennwellness@healingphilly.com)



## THE PENN FERTILITY WELLNESS TEAM

Suleena Kansal Kalra, MD, MSCE

Dr. Kalra, a Fertility specialist at Penn Fertility Care, launched the Fertility Wellness Program at Penn Fertility Care to provide a holistic program to patients as they navigate the journey towards parenthood. The goal of the program is to provide support and balance to complement the cutting-edge, medical evaluation and treatment offered at Penn Fertility Care.

Pam Kelberg, LCSW

Pam is a psychotherapist specializing in helping women and couples cope with infertility, and facilitating mind body support groups. She teaches healthy lifestyle coping skills and relaxation and mindfulness techniques to help reduce anxiety and stress. Her post graduate education in marriage, family and sex therapy in addition to her completion of training in Mind/Body for Fertility make her uniquely suited to provide behavioral wellness care and education to women and couples on this journey.

Steven Mavros, L.O.M.

Steve has been an acupuncturist since 2001. He has been focusing on male and female fertility and has helped pioneer the field of acupuncture for fertility. He has helped countless women and couples in the Philadelphia region navigate the process of fertility wellness.

Suzie Welsh, RN, Certified Yoga Instructor

Suzie is a Penn Fertility Care nurse who cares for patients undergoing fertility evaluation and treatment. She is also a certified yoga instructor who will lead the yoga component of the program and teach women posture and breathing techniques to help ease tension and worry.



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800.789.PENN PennMedicine.org