



Australian Centre for Natural Health & Wellness
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192 Ontario Avenue, Mildura VIC 3500
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www.repromed.com.au

Great Expectations seminars

Book your seat today!

A SERIES OF FREE SEMINARS ON PREPARING FOR PREGNANCY.

When you're trying to get pregnant you may not know what to expect. There's no better way to prepare for pregnancy than getting the right advice from the right people.

Repromed, in collaboration with the Australian Centre for Natural Health and Wellness is running a series of seminars on preparing for pregnancy and coping with fertility treatment.

The seminars are free and open to all interested parties. The series will be run over five weeks and you are welcome to join all or any that interest you. Here's what the seminars will cover.



Session:	Topic:	Presenter:	Date & Time:	Location:
1:	PREPARING FOR PREGNANCY Optimising opportunities to achieve pregnancy; what I should know and do prior to pregnancy.	GP	Tuesday 31st March 7.00pm – 8.00pm	Repromed Dulwich
2:	FERTILITY & DIET The impact of weight loss on fertility. Diet, exercise and general health.	Dietitian Exercise Physiologist	Tuesday 7th April 7.00pm – 8.00pm	Repromed Dulwich
3:	THE ROLES OF ACUPUNCTURE AND NATURAL THERAPIES IN FERTILITY TREATMENT When to use and when to cease. Debunking the myths. Safety & efficacy. The potential roles of acupuncture and natural therapies in fertility treatment. Current research on benefits.	Acupuncturist Naturopath	Tuesday 21st April 7.00pm – 8.00pm	Repromed Dulwich
4:	INFERTILITY TREATMENT SURVIVAL SKILLS – STRESS MANAGEMENT STRATEGIES (MIND AND BODY) Tips on managing stress, the value of yoga, massage & meditation.	Counsellor Yoga / Meditation teacher Massage Therapist	Tuesday 28th April 7.00pm – 8.00pm	Repromed Dulwich
5:	LIFE & FERTILITY – FINDING THE BALANCE Balancing life, career and the desire to have a child.	Life Coach	Tuesday 5th May 7.00pm – 8.00pm	Repromed Dulwich

Sessions will include short presentations with time to ask questions.

Each presentation will be followed by tea and coffee for people wishing to ask questions in a more informal setting.

Venue: Repromed, 180 Fullarton Road, Dulwich, SA 5065

Numbers are limited to 40 per session.

Please RSVP to (08) 8333 8111 and register your interest online at www.repromed.com.au