



How Kiwis make babies

Fertility Week
1–7 November 2017
www.fertilityweek.org.nz

WEBINAR SERIES

**FREE
events!**

The webinar series provides a unique opportunity to gain practical, reliable, NZ-based knowledge and advice. Ask your own questions – in the comfort of your own home or out and about on your device!

A 20–30 minute presentation will be delivered live on-screen, followed by a Q&A session. Type your questions into the question box for the presenter to answer. You will need to create a login for the webinar room – details available on www.fertilityweek.org.nz

In-person events will be held at several locations nationwide during Fertility Week, and we'd love to see you there. For more details, visit www.fertilityweek.org.nz/events

See you there!

• WEDNESDAY 1 NOVEMBER, 8.00pm

Planning your future family – Dr Andrew Murray

For anyone planning for children in the future – or now! Understand your chances of conceiving naturally and with fertility treatment at various ages. Learn when and how to seek help.



• THURSDAY 2 NOVEMBER, 8.00pm

Maximising your chances – Jo Barnett

Lifestyle can impact chance of conception, both naturally and through treatment. Natural fertility expert and medical herbalist Jo Barnett will outline minor changes men and women can make to improve their fertility. Jo will also outline key facts about your cycle and when the fertile window actually is. Timing of sex for conception is crucial when trying to conceive!



• SUNDAY 5 NOVEMBER, 8.00pm

Building Resilience during infertility – Fiona McDonald

Infertility is both physically and emotionally demanding and often coupled by a sense of loss of control. Fiona McDonald, Counsellor, will share coping strategies and tips for self-care that will help to build your resilience and protect your relationships.



• MONDAY 6 NOVEMBER, 8.00pm

Fertility Treatment – Dr Guy Gudex

Dr Gudex will outline the treatment options available in New Zealand and what is available under public funding.



• TUESDAY 7 NOVEMBER, 8.00pm

Donation & Surrogacy: implications for future children and guidance for everyone involved – Sue Saunders

Counsellor Sue Saunders will outline key factors for people considering, or undergoing, donation or surrogacy. This includes impact on the child, disclosure, the role of donor/surrogate in the child's life and specific considerations for overseas treatment.



Fertility Week is organised by Fertility New Zealand, a registered Charity dedicated to providing information, support and advocacy to New Zealanders experiencing fertility issues.



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Fertility New Zealand

www.fertilitynz.org.nz

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