

Fertility Week 2018

Discover your chances



Fertility Week
24–30 September
www.fertilityweek.org.nz

WEBINAR SERIES

**FREE
events!**

The webinar series provides a unique opportunity to gain practical, reliable, New Zealand-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!



- **MONDAY 24 SEPTEMBER, 8pm**
Age and fertility – Associate Professor Louise Hull
Associate Professor Louise Hull will help you understand your chances of conceiving naturally and with fertility treatment at various ages.



- **TUESDAY 25 SEPTEMBER, 8pm**
Weight and Nutrition – Alice Gormack
Learn about the ideal weight range for fertility and how the right nutrition can help improve your chances of conception, a healthy pregnancy and baby. Presented by Alice Gormack, Dietician (specialising in fertility).



- **WEDNESDAY 26 SEPTEMBER, 8pm**
Timing of Sex – Dr Karen Buckingham
Identifying ovulation is the most powerful knowledge you can have when trying to conceive. Dr Karen Buckingham talks you through this important topic.



- **FRIDAY 28 SEPTEMBER, 8pm**
Maximising your chances – Jo Barnett
Lifestyle can impact chance of conception, both naturally and with fertility treatment. Natural fertility expert and medical herbalist Jo Barnett will outline minor lifestyle changes men and women can make to improve their fertility.



- **SATURDAY 29 SEPTEMBER, 10am**
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 build your resilience and protect your relationships.



- **SUNDAY 30 SEPTEMBER, 8pm**
Infertility diagnoses and treatment – Dr Guy Gudex
Dr Gudex will outline the most common infertility diagnoses, treatment options available in New Zealand and what is available under public funding.

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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NEW ZEALAND

Fertility New Zealand

www.fertilitynz.org.nz

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