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FERTILITY FRIDAY FERTILITY AWARENESS EDUCATION PACKAGE

I have created 3 different programs: **Fertility Awareness Basics**, **The Fertility Management Masterclass**, and **The Fertility Management Intensive program**. Each program is then tailored individually to the needs of my clients.

The *Fertility Awareness Basics* program is suited for women with relatively healthy menstrual cycles that are fairly consistent month to month. This program focuses mainly on fertility awareness education to ensure you have a thorough understanding of the fertility awareness method so you can confidently use it for birth control and to achieve pregnancy.

The *Fertility Management Masterclass* is suited for women who are experiencing menstrual cycle irregularities and are seeking to restore their cycle health. This includes women who have recently come off hormonal contraceptives, women who are experiencing abnormal mucus patterns, painful menstruation, short luteal phases, and irregular cycles.

And The *Fertility Management Intensive* program is suited for women who are experiencing fertility and health challenges such as infertility, significant menstrual cycle irregularities and other health challenges such as thyroid conditions, PCOS, auto-immune conditions and other health related challenges.

Each package includes a comprehensive introduction to the Justisse Method of fertility awareness charting, as well as a number of private consultations to ensure you learn the method and are able to gain confidence in using it! The Fertility Management Masterclass and Fertility Management Intensive programs are designed for women who are seeking natural ways to improve their menstrual cycle health and fertility. I conduct a personalized health assessment for each client, and we create an action plan as we work to restore the health of your menstrual cycles. We focus on dietary changes, addressing nutrient deficiencies, improving lifestyle factors, and addressing hormonal imbalances. There is no "cookie cutter approach" that works for everyone, and in our work together your plan is tailored to your needs and is reassessed on a monthly basis.

Looking forward to working with you!

Warmly,
Lisa



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Fertility Friday Fertility Awareness Education Package - Program Details:

Introduction to Fertility Awareness Charting Online Course

- Includes 7 videos with over 3 hours of instruction
- Cervical mucus charting, basal body temperature, cervical position
- Anatomy & physiology basics behind fertility awareness charting
- Detailed introduction to the Justisse Method of Fertility Awareness Charting

Session 1 (1 1/2 hour) Follow-up to Introductory Session/Client Intake

(We will schedule our first session after you have completed the introductory course)

- Client intake/review health history
- Personalized health assessment & action plan
- Personalized chart review/questions
- Cervical mucus charting
- Basal body temperature charting (BBT)
- Cephalad shift/cervical position
- Justisse Method charting basics

Session 2 (1 hour) Follow-up/Menstrual Cycle Health

(within 3-4 weeks of session 2)

- Personalized chart review/questions
- Review of personalized health assessment & action plan
- Menstrual cycle health
- Justisse Method charting basics
- Review cervical mucus charting
- Review BBT and cervical position

Additional (monthly) follow-up sessions (1 hour)

(approximately 3-4 weeks apart)

- Review & update of personalized health assessment & action plan each session
- Personalized chart review/questions
- Menstrual cycle health
- Cervical mucus charting
- BBT/cervical position review
- Charting rules & Special charting considerations



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Fertility Awareness Basics Program Details:

- Introduction to Fertility Awareness Charting Online Course - Includes 7 videos with over 3 hours of instruction
- 2 private one-on-one consultations over a 2-3 month period
- Personalized health assessment & action plan
- Justisse User Guide (Kindle or Paperback)
- unlimited email access for charting questions

Payment options:

- \$125 USD per month (3 months), or
- One payment of \$297 USD (save \$78)

Fertility Management Masterclass Program Details:

- Introduction to Fertility Awareness Charting Online Course - Includes 7 videos with over 3 hours of instruction
- 5 private one-on-one consultations over a 5-6 month period
- Personalized health assessment & action plan
- Justisse User Guide (Kindle or Paperback)
- unlimited email access for charting questions

Payment options:

- \$125 USD per month (6 months), or
- One payment of \$597 USD (save \$153)

Fertility Management Intensive Program Details:

- Introduction to Fertility Awareness Charting Online Course - Includes 7 videos with over 3 hours of instruction
- 9 private one-on-one consultations over a 9-10 month period
- Personalized health assessment & action plan
- Justisse User Guide (Kindle or Paperback)
- unlimited email access for charting questions

Payment options:

- \$125 USD per month (10 months), or
- One payment of \$997 USD (save \$253)

**Additional follow-up sessions are \$130 USD per 60 min session, or you can add 3 additional sessions for \$350*