



# MIND & BODY RETREAT

## FREE FERTILITY YOGA CLASS

SATURDAY APRIL 30  
113 EAST RIVER RD. SUITE 2 RUMSON, NJ  
8:30—11:00

You are invited to a relaxing morning designed to relieve stress and promote a sense of well being.

**Join us for a Light Breakfast & Free Fertility Yoga Class**

Participants will have the opportunity to “Meet the Experts” during a Fertility Q&A Session

With the following providers:

- ◆ Reproductive Endocrinologist
- ◆ Acupuncturist
- ◆ Registered Dietitian
- ◆ Licensed Clinical Social Worker
- ◆ Yoga Expert & Doula



Please RSVP by April 26, 2016 at  
cadams@rmanj.com or calling 973-886-6073  
Space is Limited

Sponsored by Reproductive Medicine Associates of New Jersey