

Resources to learn more about CREIGHTON Fertility Care Model™?

www.creightonmodel.com

www.naprotechnology.org

www.unleashingthepower.info

www.popepaulvi.com

Introduction Classes

FREE introduction classes are offered on a continuous basis and/or by appointment to women in fertility age, engaged and married couples who are interested on learning and using the Creighton Model System™. After attending the Introduction Class, those wishing to enter the program will be scheduled for a first follow-up session, two weeks after attending the Introductory Class.

Follow-Up*	Time from Introductory Session
First	2 weeks
Second	4 weeks
Third	6 weeks
Fourth	8 weeks
Fifth	3 months
Sixth	6 months
Seventh	9 months
Eight	12 months
Ninth +	Every 6-12 months

*Follow-Up schedule may vary depending on the learning/reproductive needs of the client

During the follow up sessions, clients will learn how to use the system to either achieve or avoid pregnancy, and to monitor the woman's gynecological health. Cost for each follow up session is \$50. **Note:** This system is particularly helpful to couples having difficulty conceiving.

If you would like to attend an upcoming Introduction Class in south Orange County area, please contact **Virginia Schoenfeld, PhD, BCC at 949-584-1942 or via email at virginia@thebreathcenter.org**