

Wellness for Women

Call: 404.763.HELP (4357)
available 24/7

FERTILITY AWARENESS PROGRAM

FEMM™



Fertility Awareness

PAC's Fertility Awareness program offers women and their partners a deeper understanding of the design of the female body and reproductive system.

Based in Fertility Education and Medical Management (FEMM) principles, the program arms women with information to help care for their bodies and provide natural options for family planning.

For more information on
PAC's complimentary
services, visit:
www.pac-woman.com

Or contact Sydney Morse at
smorse@pregnancyaidclinic.org





Mentoring

1:1 sessions with our FEMM specialist or medical professionals are available, allowing for private conversations and personalized Q&A.

Call for a mentoring appointment today:

404.763.HELP (4357)

Personalized Coaching

PAC offers 3-month, personalized coaching sessions to help women track their cycles and learn about intricacies of hormonal fluctuations and connection to whole-body health.

To set up a coaching sessions please contact Sydney Morse directly at:

smorse@pregnancyaidclinic.org

Education

Fertility Awareness is integrated into PAC's semester-long parenting classes and mini-course series. Topics include understanding your cycles, hormones and stress and family planning options.

For more information about PAC classes visit:

www.pac-woman.com/classes