



Fertility Education and Medical Management (FEMM)

FEMM is first and foremost a health education program that empowers women (and couples) to achieve their health and reproductive goals by helping them gain a better understanding of their biology and monthly cycles. FEMM medical professionals can then provide comprehensive physical and lab workup to diagnose and treat the root causes of health conditions.

There are usually 3 structured FEMM learning sessions where women and couples will learn information on cyclical hormonal activity, links between hormones and health (acne, PMS, cramps, depression etc), how to identify your own body's biomarkers or vital signs related to fertility and provide guidance into recognizing abnormal cycle variations and the need for possible medical management.

FEMM focuses primarily on charting cervical mucous with the introduction to LH testing as needed. There is no need for thermometers or special electronic devices.

Please note: An introduction to the 3 learning sessions on how to chart your hormonal cycles will be offered at the Fertility Health Awareness Seminar. For those choosing to continue with this method, another learning session will be available after the seminar at cost to the couple.

Continued learning sessions are \$25/session and include access to your instructor by email, phone or text whenever needed. Follow up sessions and refresher classes can also be offered.

Fertility Education and Medical Management (FEMM) Presenter at the Fertility Health Awareness Seminar:

Elisabeth Angus, BScN

Phone: 204-230-7688

Email: elisabethangus@gmail.com

Web : <https://femmhealth.org/>