

## MIND/BODY FERTILITY WEEKEND RETREAT

**METRO VANCOUVER**  
**Saturday May 30th, 9 - 5**  
**Sunday May 31st, 9 - 4**

**Conceivable Options** is pleased to offer Dr Alice Domar's internationally acclaimed Mind/Body Fertility Program in Metro Vancouver. This structured group program is designed to help you take back control of your life, cope with the physical & emotional impact of infertility, and learn about lifestyle habits that can enhance your fertility and contribute to your happiness and good health for the rest of your life. The weekend retreat is an intensive two day program designed for couples or individuals.

Goals of the program:

- \***decrease** isolation surrounding infertility
- \***reduce** the physical symptoms of stress
- \***examine** lifestyle behaviours that can impact fertility
- \***explore** efficacy of alternative medicine approaches
- \***learn** the art of self-nurturance, effective communication and coping with negative emotions
- \***explore** a variety of relaxation methods
- \***learn** cognitive restructuring - the identification and reframing of recurrent negative thought patterns
- \***reconnect** with your partner

The retreat is being led by **Louise Kirkhope, MSW, RCC of Conceivable Options Counselling**. Louise has been personally trained by Dr Alice Domar, PhD, and is certified to offer the mind/body fertility program. The retreat will also include additional instruction by a select group of other mind/body specialists in the areas of acupuncture, nutrition, and yoga.

**Lorne Brown, Dr. TCM, founder and clinical director of Acubalance Wellness Centre** will be offering an interactive discussion on how Chinese medicine can help you conceive. You will learn what you can do to optimize your fertility including:

How diet and the Three Free Therapies can naturally boost fertility and enhance your well being

Effective treatment strategies for PCOS, endometriosis, low ovarian reserve, male factor, unexplained infertility, and more

How acupuncture can be integrated with western fertility treatments like clomid and in vitro fertilization (IVF)

**The weekend includes:**

- \*2 day retreat
- \*Lunch & refreshments on both days
- \*Mind/Body Program participant manual
- \*Additional participant resources

**Location:** Unit 74, Suite 202 (second floor)  
15515 - 24th Ave (King George Hwy & 24<sup>th</sup>)  
South Surrey, B.C.

Cost: \$300 individual; OR \$450 couple

**For further information and to register** please contact Louise of **Conceivable Options** @ 250-741-4421 or [louise@conceivableoptions.com](mailto:louise@conceivableoptions.com); [www.conceivableoptions.com](http://www.conceivableoptions.com)