MANAGE YOUR FERTILITY

IN A NATURAL AND EFFECTIVE WAY



Serena

Managing Your Fertility Naturally

ARE YOU INTERESTED IN FERTILITY AWARENESS, LOOKING FOR A NATURAL ALTERNATIVE TO CONTRACEPTION OR PLANNING A PREGNANCY?

Natural Family Planning is...

Free from side effects

NFP has no synthetic hormones or health risks, and is part of a healthy lifestyle.

Natural

This method of family planning works in harmony with your body.

Effective

The effectiveness statistics of NFP are comparable to those of couples using the pill.

Easy to use

NFP requires less than 5 minutes of your time each day.

Beneficial

Natural Family Planning can strengthen communication, understanding, and intimacy in your relationship.

Serena teaches the Symptothermal Method of Natural Family Planning as well as the Lactational Amenorrhea Method (LAM) for breastfeeding mothers.

THE **SYMPTOTHERMAL METHOD** OF NATURAL FAMILY PLANNING IS...

Modern

The **Symptothermal Method** is a modern, effective, scientific and natural method based on the observation of basal body temperature and fertility symptoms.

Accurate

The **Symptothermal Method** determines with accuracy when a woman is fertile or infertile within each cycle.

Empowering

Information can be used to either avoid or achieve a pregnancy.



The S ymptothermal Method i s a reliab le fam ily planning m ethod when used accordin g to t he rules.

ARE YOU CONSIDERING **A PREGNANCY?**

Am I fertile?

Learn to recognize the signs in your body that indicate and confirm ovulation.

When is the best time to conceive?

The **Symptothermal Method** will help you identify the signs of maximum fertility.

What can we do to enhance fertility?

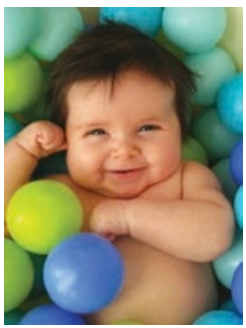
Serena can provide good advice to improve nutrition and lifestyle, which can aid fertility.

What if we need specialized help?

Observation of your cycles may alert you to potential problems. Your charts are a good tool to identify issues needing further professional consultation.

Am I pregnant?

Discover for yourself the beginning of pregnancy.



Serena can help couples seeking to achieve pregnancy.



SERENA OFFERS YOU…

- Private instruction on a couple to couple basis and group workshops given by certified volunteer teachers who use the Symptothermal Method
- Follow up and assistance in chart interpretation.
- Distance learning is available by internet if there are no teachers in your area.
- Reasonable cost for materials.
- Materials for purchase that address special situations such as using natural family planning after the use of hormonal contraception, charting to identify Peak fertility, charting during the portpartum period, during breastfeeding, and perimenopause for women 35 years and older.

SERENA is recognized for its expertise in teaching:

- The Symptothermal Method and
- The Lactational Amenorrhea Method

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