



UPCOMING CLASSES

Basic of Fertility Treatment

Sunday, June 7, 2:00 PM EST

Hip and Pelvic Floor

Tuesday, June 16, 8:00 PM EST

Basic of Egg Freezing

Sunday, June 28, 2:00 PM EST



FEMTECH SHOP

Natalist Ovulation Tests, Natalist Pregnancy Test, Stix Ovulation Test Pack, Get Pregnant Bundle, Natalist Prenatal Multivitamin, Mira Fertility Ava Fertility Tracker, Elvie Pump, Soothies Gel Pads, Latch Assist, Milkies Milk Saver and many more!

What To Eat: Conception and Pregnancy

Sunday, May 10, 2:00 PM

Dr. David Kulak

Next Steps

1. **Increase:** One additional serving of (non-tuna) fish each week.
2. **Decrease:** Sweetened drinks. Packaged or heavily processed foods
3. **Swap:** One serving of red meat each week for a serving of vegetable protein. One portion of refined carbohydrate for a whole-grain
4. **Avoid:** Heating or eating hot foods in plastics
5. Use the knowledge of this class and share it with those you love.
6. More information can be found at: <https://www.genesisfertility.com/>
7. Sign up for a trial of Hela Health for special product discounts and explore the Femtech shop at app.helahealth.io and sign up with the code **EAT** under the organization name.
8. Follow Hela Health on Instagram to learn about upcoming classes.
9. Enjoy having a better understanding of your body.