



RECORDED CLASSES

Basics of Fertility Workup

David Kulak

Basics of Fertility Treatment

David Kulak

NEXT LIVE CLASSES

The art and science of weight-loss: evidence-based strategies that work

Tuesday, August 11 - 5:00PM
with Dr. Sowa

Basics of Egg Freezing

Wednesday, July 8, 12:30 PM

Dr. David Kulak

Next Steps

1. If you feel ready to discuss your fertility and potential interventions, schedule an appointment with your gynecologist. Use the knowledge from this class to discuss treatment options.
2. Use the knowledge of this class and share it with those you love.
3. More information can be found at:
<https://www.genesisfertility.com/>
4. 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 **EGGFREEZING** under the organization name.
5. Follow Hela Health on Instagram to learn about upcoming classes.
6. Enjoy having a better understanding of your body.