

Women, Wellbeing & Fertility

Celebrate National Women's Health Week
Genea wishes to invite you to a discussion on
Women's Wellbeing, Mindfulness and Fertility

Topics & Speakers:

- How to support and improve your emotional wellbeing before and throughout your IVF journey with Susanne North, Family & Wellness Coach
- All Things Fertility with Dr Cheryl Phua, Fertility Specialist

Q&A time to ask questions, speak to a Fertility Advisor one-on-one Or send your fertility questions prior to tammy.rudd@genea.com.au

Win a Wellness Day Spa package at The Langham Sydney valued at \$470.00

Wednesday 6th September
6:00pm to 8:00pm
Genea, Level 2, 321 Kent Street, Sydney
with food & refreshments on arrival.
RSVP by 3rd September
Scan QR Code to register



Scan me!



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Meet the speakers



Susanne North
Family &
Wellness Coach

Susanne is a Family & Wellbeing Coach and Meditation/Mindfulness & Breathwork Teacher. She is dedicated to supporting families and their wider communities to connect positively with each other to increase their wellbeing and overall happiness. She is particularly passionate about supporting the wellbeing of women, especially during times of significant life transition. She is a Positive Psychology Practitioner and accredited in mental wellbeing, bereavement and meditation/mindfulness programs for children and adults.



Dr Cheryl Phua
Fertility Specialist

Dr Cheryl Phua is an Obstetrician and Gynaecologist with sub-specialty training in Reproductive Medicine from the University of NSW. Cheryl assesses the circumstances of each patient to tailor a personalised approach and treatment recommendations. Cheryl supports her patients with clear information about their fertility and gynaecological situation to enable them to be truly involved in the decision making process. Cheryl's strong focus on patient care is combined with a dedication to research and learning in the fields of medicine and science.

