



Infertility Mental Health Virtual Event

brought to you by the Women's Wellness Clinic at Stanford School of Medicine

Wednesdays 12:00–12:50 p.m.

March 17, 2021 | March 24, 2021 | March 31, 2021

Virtual Event Description

During this virtual event, we will briefly explore the science underlying the connection between fertility and wellness, including information on the appropriate use of non-pharmaceutical methods for the optimization of mental health during the fertility journey. We will also discuss broader concepts of health promotion, stress mitigation, and lifestyle modifications to reduce symptom burden during this important time period. This event intends to provide facilitated peer support for women with difficulty conceiving and recurrent pregnancy loss. *This virtual event will be held via Zoom.*

Event/Group Facilitators

Ripal Shah, MD, MPH

Dr. Shah specializes in reproductive psychiatry, lifestyle and integrative approaches to health, and physician wellness. She is board certified in Adult Psychiatry, and completed additional training in evidence-based approaches to integrative medicine, clinical hypnosis, weight management, and addiction. Her areas of interest include PMDD, infertility, anxiety, and ADHD management.

Assistant facilitator: Kathryn Stephens, MD

Assistant facilitator: Tené Redman, MD, MS

To register, call (650) 721-4408.