

## **Fertility Awareness Workshop for couples**

This workshop provide the participants with information and knowledge on sexual intimacy and fertility issues, thus able to plan and start a family

The programme outline:

- Sexual intimacy as a normal and healthy part of a family
- Issues on Fertility, age and baby planning
- Understanding male & female anatomy and sexual functions
- Readiness of starting a family
- Understanding the opposite partner's sexual responses
- Practical skills on communicating one's desires & needs for intimacy

For further details please call Ms Rey at

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