



Demystifying Natural Family Planning Day
Presentations/Work Shops/Open & Private Question Time

- Theological Perspective
 - History & development of NFP
- Understanding your menopausal years
 - Improve your fertility awareness
 - Achieve pregnancy
- Better Understand the physiology of your body
 - Work of NFPTA
- Complementing your fertility App + Health Benefits

Key Speakers & Panel for Questions

Monsignor Jeremy Garrett

Dr Helen Whiting

Dr Olive Duddy

Christine Bergess

Date – 11/11/2017

Lunch; tea and coffee provided. Free event; donations only

St Michael & All Angels – Rider lane Leigh Park, PO93BT

Time : 9.45am – 4pm

RSVP mandfl@portsmouthdiocese.org.uk by October 10th 2017