



# PCOS Support Group

*Would you like help in your struggles  
with infertility, symptoms of PCOS,  
healthy eating and exercise?*

*March 31<sup>st</sup>  
from 5:30-7 pm*

*PCOS Workbook will be supplied.  
This group will be led by our lifestyle coach,  
Beth Cerrito, Ph.D*

**Please call 487-3378  
to reserve a place and  
for further information**