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New Holistic Health Program Introduced at Connecticut's Largest Fertility Program

Farmington, CT, July 8, 2015... The Center for Advanced Reproductive Services has introduced HealthCircle, a comprehensive integrated health program adding holistic support to fertility care. HealthCircle includes acupuncture, nutrition and weight loss, yoga as well as support and counseling services to complement the patient's fertility experience.

"Our HealthCircle program is designed to add another level of support," stated Claudio Benadiva, MD, HCLD, Director of the IVF Laboratory at the Center. "We understand that many of these treatments are important to our patients. Through HealthCircle, they can add a holistic component to their traditional treatment plan which is very meaningful to many."

The wide range of individual and group support solutions provided through HealthCircle are designed to provide relief from emotional stress, as well as to help overcome fertility obstacles and support and guide our patients on making the best decisions for their treatment.

While stress may not be the singular cause of infertility, infertility can certainly cause stress. Many of the HealthCircle programs feature stress reduction techniques, such as yoga classes that offer patients tools to reduce anxiety and cope.

The Center offers acupuncture treatment with Helen BetGivargis, a licensed acupuncturist and former IVF embryologist, benefitting both women and men undergoing fertility treatment. Acupuncture uses the strategic placement of tiny needles to stimulate certain key "energy points" believed to regulate spiritual, mental, emotional and physical balance, and has been shown to help with fertility in many ways.

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For some women, weight issues may be a contributor to their fertility diagnosis or compromise their ability to receive treatment, so HealthCircle includes a medically designed program which includes a personalized approach to setting weight loss goals.

The HealthCircle program is located in the Center's new, state of the art facility in Farmington. The location is easy accessible from Rt. 84 as well as other main routes throughout the state. In addition to the facility's numerous technological innovations, the overall design philosophy was focused on enhancing the patient's comfort and convenience. The building provides a relaxing, warm and supportive environment and offers substantial space for educational programs, workshops, and counseling programs.

For more information about HealthCircle, go to uconnfertility.com, or call 844.467.3483.

About The Center for Advanced Reproductive Services

The Center for Advanced Reproductive Services has grown to be the largest and one of the most successful fertility centers in the state with nearly 1000 in vitro fertilization cycles completed in the last year. Started in 1984, the Center has grown to include over 75 full and part time staff members. The Center offers many advanced techniques to help patients achieve successful pregnancies, and has several office locations throughout the state of Connecticut, including Farmington, Hartford, and New London. For more information about the Center, visit uconnfertility.com.

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