**“Body-Mind Wellness Intervention Program” for Women Undertaking IVF**

**Department of Social Work and Social Administration &**

**Department of Obstetrics and Gynaecology**

**The University of Hong Kong**

Details of the Self-help “Body-Mind Health Wellness Intervention Program”

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| Workshop | 19:00-21:30, Wednesdays (11/5, 18/5, 1/6, 8/6, 22/6 or 29/6), or 10:00-12:30, Saturdays (7/5, 14/5, 21/5, 4/6, 11/6 or 18/6) |
| Venue | 5/F, The Jockey Club Tower, Centennial CampusThe University of Hong Kong |
| TargetParticipants | Women who are about to undergo IVF treatment [including IVF-ET and FET], except those who are (a) have already had a living child or children, (b) not able to read and speak in Chinese, or (c) have a known history of psychiatric illness. |
| Cost | Free of charge (inclusive of 1 briefing session and 1 self-help package) |
| Registration | Online registration: http://bit.ly/ivf\_hku(Note: Due to limited availability, random selection of participants through computer generated randomization will be performed. Selected participants will be notified in due course.) |
| Program Enquiry | Phone: 3917 1160 | Email: angelawa@hku.hk |
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