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FOR IMMEDIATE RELEASE

Healthy Food Helps Fertility

RHS Offers Seminar on Nutrition and Fertility Benefits

PITTSBURGH—July 10, 2008— As part of its holistic approach to fertility, Reproductive Health Specialists (RHS) is offering a six-part lecture series on nutrition and wellness. The innovative series will feature Lauri Lang of WQED, who will provide cooking demonstrations and informative lectures and discussions on how eating well can enhance your chances of becoming pregnant.

This original six-part series will include:

- July 24, 2008 at 12:00pm: **Kickoff** – Discussion on the impact of healthier lifestyle habits on fertility, includes a catered lunch and food demonstration
- August 7, 2008 at 3:00pm: **Climbing the Food Pyramid** – Discussion on the framework of the Harvard pyramid, portion sizes and time patterns of eating
- August 14, 2008 at 3:00pm: **How to be a Nutrition Detective** – Learn which nutrients you want and which to avoid
- August 21, 2008 at 3:00pm: **Understanding the Numbers** – Talk about understanding your cholesterol, blood pressure and glucose numbers, as well as the impact of specific foods on these numbers
- August 28, 2008 at 3:00pm: **Healthy Hearts** – Learn how to protect this important organ by getting the right nutrients
- September 4, 2008 at 12:00pm: **Maintaining Balance** – Q&A and discussion on how to maintain healthy eating habits, includes a catered lunch and food demonstration

Lauri Lang is a licensed dietician, nutritionist and health educator who specializes in holistic nutrition. Lang is recognized publicly for collaborating with Chris Fennimore in healthful cooking demonstrations on WQED-TV and at the Pittsburgh Home and Garden Show.

The series on nutrition is part of RHS's ongoing Balance Within program, which encourages patients to lead a healthy lifestyle as part of a holistic approach to fertility. The doctors at RHS believe, and research has proven, that having a healthy diet helps patients respond better to medical treatment, which increases the likelihood of achieving pregnancy.

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The seminar will be held at the Penn Hills office location and is completely free of charge. While attendance to all sessions is encouraged, it is not required. Registration is highly recommended. Participants will be able to register for prizes that will be awarded at the last session for each session that they attend, and are welcome to sign up for individual nutrition consults with Lauri Lang on these days. For more information or to register for the series, please call (412) 731-8000.

Reproductive Health Specialists, Inc. (RHS) is the region's only independent, women-owned and operated reproductive endocrinology and fertility center focused on one goal: helping every patient to have a baby. The practice has two locations: Monroeville and Wexford.

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