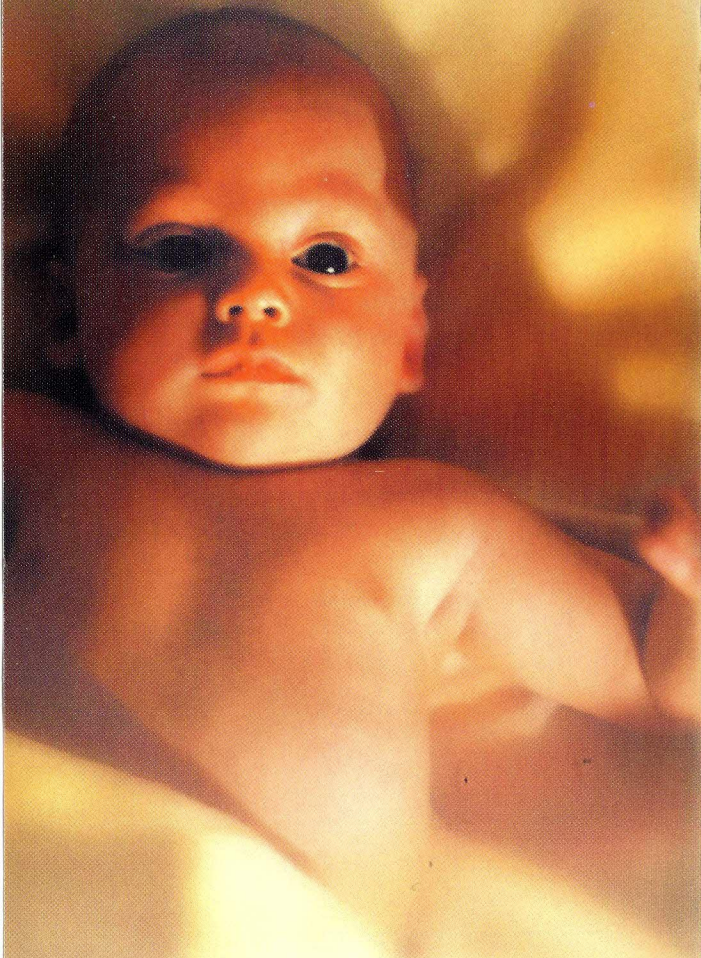


*To give life?*



**Serena**

Manage your fertility  
in a natural and effective way.

*Are you considering  
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*Do you wonder...*

*Am I fertile?*

Recognize the signs provided by the body  
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*When is the best  
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Identify the fertile days of the menstrual cycle  
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*What to do to  
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Act on the factors  
which favour fertility and conception.

*Am I pregnant?*

Discover for yourself the beginning of pregnancy.

*Serena offers you...*

A simple method, medically acclaimed :  
the Sympto-Thermal Method  
based on observing the signs of fertility  
such as temperature and mucus.

A dynamic approach presented by  
qualified volunteer teacher-couples.

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*Are you looking for  
an alternative to  
contraception?*

*Natural*

From puberty to menopause  
recognize the infertile days of the menstrual  
cycle by observing the signs of the body.

*Effective*

Among the most effective means available  
even for long or irregular cycles.

*Easy to use*

Requires less than 5 minutes a day.

*No side effects*

*Enhances your life  
as a couple*

*Economical*

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