



MAZE WOMEN'S SEXUAL HEALTH
Is Proud To Introduce the

KALLAH CONSULTATIONS

Because sex can be fun....even in the beginning.

Getting married is an adjustment and Maze Women's Sexual Health is here to make it smoother. Kallah Consultations is a private, customized, two-session workshop designed to help you make the transition into marriage. No matter what your level of prior experience is, we'll give you the tools and confidence to build a fun, healthy and enjoyable sex life.

Each session will involve meeting with both a female medical professional and a female sexuality counselor, and will enable you to feel more prepared and excited for the new stage ahead. These appointments will help you feel more comfortable with your body, have a pleasant and comfortable first internal exam, discuss the birth control option that may be right for you and allow you to have a forum to raise any questions or concerns you may have....with professionals who have heard it all!

Session I (1.5 hours):

- Getting to Know You: A review of anatomy and how things “work”.
- First internal exam; gentle, explanatory, on your terms.
- Introduction to birth control (for the wedding or beyond), discussion of best options, and a prescription.
- Optional pap-smear and dilation.
- Review of lubricant options.

Session II (1 hour- can be in conjunction with the chattan):

- Understanding Sex- Introductory sexual information, norms, and answers to any/all questions you may have.
- Discussion of common early problems and when to reach out for help
- Recommendations of books and resources for continued learning

Cost: \$500 for both sessions*

Locations: Appointments can be made in our NYC, Westchester or Long Island offices.

Scheduling: The sooner you make the appointment the more birth control and scheduling options will be available to you.

For more information: Please call 914.328.3700

* A portion may be covered by insurance if you have out of network benefits. Call our office for more information