

Has your love life lost its spark?

Is there a lack of intimacy or satisfying sex in your relationship?

Are you concerned that you are spending more time on the internet than with your partner?



Sexual Health Coaching can help you...

- ☞ Reignite the passion between you and your partner.
- ☞ Work with your partner confidentially from the comfort and privacy of your home.
- ☞ Strengthen a loving relationship through sexual health and intimacy.
- ☞ Move your intimacy and sexual fulfillment off the back-burner of life.

To set up a free introductory 15 minute phone consultation, call 716-704-5683 or email mryan@mbcah.com



Dr. Maureen Ryan

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MIND BODY
CONNECTION
Adult Health

ADULT HEALTH NP, PLLC



Intimacy Matters:

SEXUAL SATISFACTION
LEADS TO
RELATIONSHIP SATISFACTION



Sexual Health Coaching
from the comfort and
privacy of your home

You may benefit from Sexual Health Coaching if you are experiencing any of the following:

- ❧ Are you worried that you aren't having or wanting sex enough?
- ❧ Have you ever wondered if becoming aroused is this difficult for everyone?
- ❧ Have you ever struggled to reach orgasm?
- ❧ Have you ever experienced episodes of erectile dysfunction?
- ❧ Have you ever experienced premature or delayed ejaculation?
- ❧ Has sex ever been painful or uncomfortable?
- ❧ Have you had feelings of inhibitions or aversions to sex?
- ❧ Is stress negatively affecting your sex life?
- ❧ Have you or your partner become bored in the bedroom?
- ❧ Are insecure about your changing body or do you have body image issues?
- ❧ Have you ever experienced performance anxiety regarding sex?
- ❧ Has your past left you with trust and intimacy issues?
- ❧ Have you had medical procedures or illness that have negatively impacted your sex life?
- ❧ Have you or your partner worried that either of you might be addicted to pornography?

Dr. Maureen Ryan

Sexual Health Coaching helps people explore, discover and embrace their own sexuality. An active and healthy sex life is vital to physical, emotional, mental, and spiritual well-being. I offer a warm and uplifting environment where you will feel comfortable discussing intimate issues. My goal is to inspire and empower clients to create a life filled with intimacy, connection, sexual satisfaction and love.

I offer Sexual Health Coaching in my office or over the telephone. Coaching by phone is convenient and has been found to reduce anxiety.



“Our sex life was almost nonexistent. Dr. Maureen listened and helped us break down what seemed to be overwhelming challenges. We would not have succeeded without her insights, support and guidance. By taking small steps, we have rediscovered our passion and put sexual pleasure back in our marriage!”

Couple from Amherst, New York

Dr. Maureen Ryan is a nurse practitioner, sex therapist, and wellness coach specializing in Sexual Health Coaching. She holds a Doctorate in Nursing Practice and is dual licensed as both an Adult Health Nurse Practitioner and a Women's Health Nurse Practitioner. Her passion is working one-on-one with individuals and couples to renew their sexual health as a critical step in building long-lasting happiness.

Dr. Maureen Ryan is the Director of The Mind-Body Connection for Adult Health NP in Amherst, New York. Our guiding principle is that sexual energy is a positive expression of human life. Our mission is to help people with all aspects of human sexuality in a confidential, non-judgmental and welcoming environment. We believe that an active and healthy sex life is an important component of a happy and fulfilled life.