

2020 WALC BREASTFEEDING CONFERENCE



Marsha Walker, RN, IBCLC

Marsha maintained a large clinical practice at a major HMO in Massachusetts. She is a published author and international speaker. Consulting with hospitals, providing in-service presentations, speaking at conferences and workshops and advocating for breastfeeding at the state and federal levels occupy her professional time. She is currently on the board of directors of the Massachusetts Lactation Consultant Association and is the Executive Director of the National Alliance for Breastfeeding Advocacy.

Sue Vaughan Kratz, OT

Sue has 36 years of Occupational Therapy Experience. As a CranioSacral Therapist, Sue uses a neuro-developmental approach to function, manually assessing and treating the body as a whole, to successfully improve oral motor function. Sue is credentialed with the following certifications in: Sensory Integration, Neuro-Developmental Therapy, Cranio-Sacral Therapy and the Listening Program from the Advance Brain Institute.

Sara Chana Silverstein, IBCLC, RH (AGH)

Sara Chana is a Master Herbalist, Classical Homeopath and IBCLC. She is also a businesswoman, author, adult education teacher, columnist, community advocate for women and children, a wife and mother of seven children. Sara Chana is a consultant to many obstetricians, midwives and pediatricians and she guest lectures at medical schools. As a TV personality, Sara Chana can be seen on all the major networks and is interviewed on radio and podcasts across the country.

The Best Western Premier

Waterfront Hotel & Conference Center

1 Main Street, Oshkosh, WI PH: 1-885-230-1900

March 5 & 6, 2020

Thursday March 5, 2020

- 8:30 - 9:45 Registration and Vendors open
- 9:45 - 10:00 Announcements and Introductions
- 10:00 - 11:30 Herbal Medicine with Breastfeeding, is it Helpful? **Sara Chana Silverstein**
- 11:30 - 12:15 *Lunch*
- 12:15 - 1:30 Nipple Shield: Useful or Useless? **Marsha Walker**
- 1:30 - 2:00 *Break*
- 2:00 - 3:15 Breastmilk Too Little and Not Enough **Sara Chana Silverstein**
- 3:15 - 3:30 *Break*
- 3:30 - 4:30 Mammary Dysbiosis: Probiotics, Vibration and Turmeric **Marsha Walker**
- 4:30 - 7:30 Dinner on your Own
- 4:50-5:35** *Mindful Yoga/with Jenny DeDecker ~ Winnebago Room, (Donations Encouraged)*
- 7:30 - 9:30 Evening Social ~ Desserts ~ Drinks ~ Music ~ Sharing (Conference Center)



Sara Chana Silverstein

Marsha Walker

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Conference Participants Only



Friday March 6, 2020

- 6:30 - 7:15** *Mindful Yoga/with Jenny DeDecker ~ Winnebago Room, (Donations Encouraged)*
- 7:00 - 8:00 Registrations and Buffet Breakfast (Buffet closes at 7:50)
- 8:00 - 9:00 Painful Nipples and Wound Healing **Sara Chana Silverstein**
- 9:00 - 9:30 *Break*
- 9:30 - 10:45 Breastfeeding and Obesity **Marsha Walker**
- 10:45 - 11:00 *Break*
- 11:00 - 12:00 Combining Neurodevelopmental, Craniosacral and Sensory Integrative Therapies to Promote Normal Suck Patterns in the Non-Medically Fragile Infant, Part 1 **Sue Vaughan Kratz**
- 12:00 - 1:00 *Lunch*
- 1:00 - 2:00 Part 2 **Sue Vaughan Kratz**
- 2:00 - 2:15 *Break*
- 2:15 - 3:15 Top Ten New Lactation Tidbits **Marsha Walker**
- 3:15 On-line Evaluations for Certificate of Attendance



Sue Vaughan Kratz

Sue Vaughan Kratz

Marsha Walker

Conference Registration Fees

Entire conference: Early bird by January 30, 2020 - \$200.00 • Standard by February 13, 2020- \$225.00 • Procrastinators after February 13, 2020- \$250.00

Thursday or Friday only: By January 30 - \$125.00 • by February 13 - \$140.00 • after February 13- \$160.00

Registration may be done by mail or by credit card online at <https://walc2020breastfeedingconference.eventbrite.com> . A convenience fee will be applied for online registration. A \$10.00 discount will be applied for WALC members, who register by February 13. Use discount code "member". Registration will be limited to 400 so register early!

Conference fee includes: bound syllabus, Thursday lunch, Thursday evening social (for paid conference registrant only), Friday buffet breakfast & lunch. Vegan and gluten-free choices available upon **advanced request** (see registration form below). Meals are vegetarian friendly.

Registration/Cancellations:

Mailed forms must be accompanied by payment and must be postmarked by the dates listed above to pay the designated fees. A confirmation of your registration will be emailed. Cancellations received by February 13, 2020 will receive a full tuition refund less a \$35.00 handling fee. No fees will be refunded after that date.

Continuing Education Credits:

10.25 LCERPs will be awarded for full attendance.

Bookstore:

WALC will once again be providing the bookstore. Check or cash is preferred, but credit cards will be accepted.

Babies/Children/Pumping:

Maintaining a quiet learning environment for all attendees is paramount. **Quiet babies in arms are welcome in the conference room.** We ask that mothers be attentive to restless infants and step out when necessary to maintain quiet. Closed circuit TV viewing will be provided in a nearby room for mothers with toddlers, noisy babies, and mothers wishing to express milk. For the comfort of mothers nursing or expressing milk, the closed circuit TV room is for women only. Men caring for babies and children may use other areas of the hotel.

Conference room: Conference room temperature may vary, so bring a sweater or jacket. There are no outlets available for computers, so bring them fully charged.



Registration Form for WALC 2020 ~ Breastfeeding Conference

Name: _____ Credentials (for name tag): _____

Place of Employment/Affiliation: _____

Email: _____ Home Address: _____

City: _____ State: _____ Zip: _____ Phone _____ Alternate _____

Send a check payable to WALC with registration form to:

WALC Conference
Sandy Testin
218 East Lake Street
Waupaca, WI 54981

Email Confirmation of registration will be sent.

Special dietary needs please indicate: gluten free or vegan

If one day only please indicate: Thursday or Friday

Registration fee (see above) \$ _____

A \$10.00 discount is available to WALC members through 2/13/20 \$ _____

Total conference fee \$ _____

Join WALC or renew membership (valid 2/28/21), add \$20.00 to the conference fee \$ _____

Total amount enclosed \$ _____

Please fill out the following if joining or renewing your WALC membership:

ILCA member, USCLA Member, IBCLC

Volunteer interest: WALC Conference, WALC Conference Committee, Officer, Other: _____

WALC
c/o Sandy Testin
218 East Lake Street
Waupaca, WI 54918



Registration form inside!

Hotel Reservations

A block of rooms has been reserved at the special rate of \$99.99 per room, single or double. To get this special rate, make your reservations by phone at Best Western Premier Waterfront Hotel & Convention Center: (920) 230-1900 or toll free (855) 230-1900 before **February 10th** and specify the WALC Conference. The Best Western has an indoor swimming pool, a spa tub and a 24-hour fitness center. All rooms have a coffee maker, refrigerator and microwave. Check in is at 3 p.m. and check out is at 11:00 a.m.

Further Information

Sandy Testin, 218 East Lake Street, Waupaca, WI 54981

****Email: SandyTestin@gmail.com, Phone: (715) 258-7510**

Website: www.walc.net

Conference Planning Committee: Wendy Sherwood IBCLC, Janet Godshall, RN, IBCLC, Marty Polzin, LPN, IBCLC, Kathie Russell, RN, IBCLC, Sandy Testin, RN, IBCLC, Billie Verbruggen, CD, IBCLC, Kristen Lee, DC,CLC, Samantha Metko, RD, IBCLC

