

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

Sara Chana Silverstein

Marsha Walker

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 - 9:15 Breastfeeding and Obesity **Marsha Walker**
- 9:15 - 9:45 *Break*
- 9:45 - 11:45 Combining Neurodevelopmental, Craniosacral and Sensory Integrative Therapies to Promote Normal Suck Patterns in the Non-Medically Fragile Infant **Sue Vaughan Kratz**
- 11:45 - 12:45 Lunch
- 12:45 - 1:45 Painful Nipples and Wound Healing **Sara Chana Silverstein**
- 1:45 - 2:00 *Break*
- 2:00 - 3:00 Top Ten New Lactation Tidbits **Marsha Walker**
- 3:15 On-line Evaluations for Certificate of Attendance



Sue Vaughan Kratz

Sara Chana Silverstein

Marsha Walker