

Conference Registration Fees

Entire conference: • **Early Bird** : by February 18, 2021- \$160.00 • After February 18, 2021- \$185.00.

Thursday or Friday only: Early Bird : by February 18, 2021 - \$80.00 • After February 18 - \$105.00

Conference fee includes: access to virtual conference and access to view for 30 days to receive attendance certificate.

Registration/Cancellations:

A confirmation of your registration will be emailed. Cancellations received by February 18, 2021 will receive a full tuition refund less a \$35.00 handling fee.

Continuing Education Credits: 10.75 CERPs will be awarded for full conference after evaluation has been completed.

MEMBERSHIP BENEFITS OF JOINING WISCONSIN ASSOCIATION OF LACTATION CONSULTANTS

- Four educational meetings per year, most offering CERPs
- Scholarships for aspiring lactation consultants
- WALC Grants
- Networking with other breastfeeding professionals
- Access to minutes from past meetings and programs

Visit our website at: www.walc.net for details



2021

WALC BREASTFEEDING CONFERENCE



JOIN US

MARCH 4 & 5, 2021

INTRODUCING SOME AMAZING SPEAKERS

Anne Eglash, MD, IBCLC, FABM

Anne Eglash MD, IBCLC, FABM, is a clinical professor with the University of Wisconsin School of Medicine and Public Health, in the Department of Family and Community Medicine. In addition to practicing family medicine, she has been a board-certified lactation consultant since 1994. Dr. Eglash is a co-founder of the Academy of Breastfeeding Medicine, the Medical Director and co-founder of the Mothers' Milk Bank of the Western Great Lakes, and the Medical Director of the University of Wisconsin Breastfeeding Medicine Clinic. She has published many peer-reviewed articles on breastfeeding medicine. She co-hosts and produces a breastfeeding medicine podcast series, called The Breastfeeding Medicine Podcast, available free on iTunes and IABLE website. Dr. Eglash is founder and president of IABLE, a nonprofit organization dedicated to the creation of breastfeeding-friendly medical systems and communities.

Sarah Bloomquist, CFLE

Sarah Ornst Bloomquist, CFLE, is Moms Mental Health Initiative Co-Founder and Executive Director. She has been advocating for women's perinatal mental health since she experienced her own postpartum depression and anxiety after the birth of her first son. Sarah brings over 20 years of professional experience as Certified Life Coach, Certified Family Life Educator, and speaker. She is committed to helping moms break down the obstacles to effective treatment and find hope in the process.

Dalvery Blackwell, BA, IBCLC

Dalvery is Executive Director and a co-founder of the African American Breastfeeding Network (AABN). AABN has been recognized and highlighted in local, state and national media and reports. She has been instrumental in creating and building AABN's core program, Community Breastfeeding Gatherings, which is seen as a national model. Dalvery's alliances with community leaders and institutions has coined her a champion for family-centered health. In 2015 she was selected to participate in a 2-year cohort studying racial equity at the Center for Social Inclusion. She received the 2017 Woman of Commitment Award from the Wisconsin Alliance for Women's Health. In 2018, the Milwaukee Community Journal recognized her as "A Game Changer Honoree".

Emily Aleksy, LCSW

Emily is a psychotherapist in the North Shore area. She specializes in perinatal mental health, trauma, and stress and anxiety. Emily is a chair on the board for the Wisconsin Chapter of Postpartum Support International. She has completed both PMAD trainings through PSI and is trained in both CBT (cognitive behavioral therapy) and brainspotting. She counsels from an integrative perspective, from the belief that total wellness involves deep attention to our mind, body, and soul. Emily has a relaxed and conversational therapy style.

Patricia Smith, OTR, IBCLC

Patricia combines extensive training, 25 years of practitioner experience, and an innate ability to assess and treat the body holistically. She is passionate about educating clients, fostering a connection between parents and their children, and optimizing patient wellbeing. Patricia teaches a variety of educational seminars to help others providers enhance their skill levels with infants.

Thursday March 4th

9:45 to 10:00 am	Greetings/Announcements
10:00 to 11:15	The influence of Maternal Diet on Breastmilk / Anne Eglash
11:15 to 11:30	Break
11:30 to 12:45	Innovative Ideas for Reaching Families that have been Underserved by Traditional Models of Breastfeeding Support/ Dalvery Blackwell
12:45 to 1:15	Lunch
1:15 to 2:15	Self Care for Care Providers/ Emily Aleksy
2:15 to 2:30	Break
2:30 to 3:30	Lymphatic Drainage and Self Care of the Breasts/ Patty Smith
3:30 to 3:45	Break
3:45 to 5:00	Contraception During Breastfeeding/ Anne Eglash

Friday March 5th

8:00 to 8:15	Greetings/Announcements
8:15 to 9:30	Infant Allergic GI Disorders/ Anne Eglash
9:30 to 9:45	Break
9:45 to 11:00	Tummy Time and its Importance for Feeding/ Patty Smith
11:00 to 11:15	Break
11:15 to 12:30	What She Needs to Hear: Communicating effectively when Mom has PPD/ Sarah Ornst Bloomquist
12:30 to 1:15	Lunch
1:15 to 2:30	Top Research Articles Within The Last Year/ Anne Eglash

