

2014 WALC BREASTFEEDING CONFERENCE



This program is intended for physicians, nurses, lactation consultants and other professionals interested in improving breastfeeding practices.

Cynthia Good Mojab, MS LMHCA, IBCLC, CATSM

Cynthia is the Director of LifeCircle Counseling and Consulting, LLC. She is a researcher, author, internationally recognized speaker, and Clinical Counselor in private practice. She is also Certified in Acute Traumatic Stress Management. She focuses on issues related to culture, psychology, and the family—including lactational psychology, cultural competence, social justice in perinatal fields, and the needs of women during their reproductive and mothering years.

Elizabeth Myler, BS, BSN, RN, IBCLC

Beth is the co-owner/co-founder of Mahala Lactation and Perinatal Services LLC. Beth works with medically diverse mother/infant dyads, as well as, trains, & mentors lactation consultant interns. She frequently shares clinical stories based on her work in 3rd world sub-Saharan Africa. She has over 14 years of experience in the areas of reproductive biology, school nursing, community & mental health. She is trained as a birth and post-partum doula.

Diana Cassar-Uhl, MPH, IBCLC & La Leche League Leader

Diana is passionate about being an agent for change and cherishes every opportunity to educate mothers, lactation support people, healthcare providers, and policymakers about breastfeeding in the United States. Whether the topic is cultural, such as breastfeeding in the military, or technical, like breastfeeding with insufficient glandular tissue, Diana's enthusiasm and passion for educating shine through in her presentations. Organized and easily understood, Diana's presentations give all of her listeners the knowledge base they need to make an impact.



Radisson Paper Valley Hotel
333 West College Avenue , Appleton, WI
1-800-333-3333

MARCH 6 & 7, 2014

Schedule of Events and Program Objectives

Thursday, March 6

- 9:30-10:20 Registration, Exhibits Open
- 10:20-10:30 Welcome
- 10:30-12:00 Assessment of the Breastfeeding Dyad—Elizabeth Myler
- 12:00-12:30 Break, Box Lunch Pick Up
- 12:30-2:00 Post Partum Depression: The Most Common Complication of Birth — Cynthia Good-Mojab
- 2:00-2:30 Break
- 2:30-4:00 Supporting Mother with Mammary Hypoplasia and Insufficient Tissue—Diane Cassar-Uhl
- 4:00-4:15 Break
- 4:15-5:15 "Knipple" Knowledge—Elizabeth Myler
- 5:15-7:30 Dinner on your own
- 7:30-9:30 Social Gathering (Adults Only) ~ Dessert -Drinks - Music - Speaker Tables - Poster Session

Friday, March 7

- 7:00-7:50 Registration and Buffet Breakfast
- 7:50– 8:00 Announcements
- 8:00 - 9:30 Shades of Grey/Ethics —Cynthia Good-Mojab
- 9:30-10:15 Break—Support Exhibitors and Milk Bank
- 10:15-11:30 Abnormal Jaundice—Diane Cassar-Uhl
- 11:30-12:40 Lunch Break (Buffet line available until 12:30)
- 12:40-12:45 Announcements
- 12:45-2:15 Effects of the Practice of Early Supplementation on Healthy Neonates - Elizabeth Myler
- 2:15-2:30 Break
- 2:30-3:45 Making Breastfeeding Work at Work—Diana Cassar-Uhl
- 3:45 Closing - Turn in evaluations; receive certificate of attendance.

Conference Registration Fees

Entire conference: Early bird by February 6- \$185 • Standard by Feb. 20 - \$200 • Procrastinators after Feb. 20 - \$225

Thursday or Friday only: By February 6- \$110 • by Feb. 20 - \$120 • after Feb. 20 - \$130

Registration may be done by mail or by credit card online at <https://www.regonline.com/2014walcbreastfeedingconference>

There will be a service fee added to online registrations to cover the cost. A \$10 per person discount is available for WALC members. Use discount code "member". The fee includes a bound program syllabus, Thursday box lunch, Thursday evening social, buffet breakfast and lunch on Friday. Registration will be limited to 350, so **register early!**

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 sent. Cancellations received by February 20, 2014 will receive a full tuition refund less a \$35 handling fee. No fees will be refunded after that date.

Continuing Education Credits

This program (in its entirety) has been approved for 11 CERPs by the IBLCE (9.5 L CERPs and 1.5 E CERPs). CPEs have been applied for through the American Dietetic Association.

Lunch Choices

Your choice of box lunch will be provided Thursday. There will be a soup and salad buffet on Friday. Vegetarian choices will be available at all meals.

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 will use other areas of the hotel.

Conference Room

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



Registration for WALC 2014 ~ BREASTFEEDING CONFERENCE

Name: _____ Credentials (for name tag): _____

Place of Employment/Affiliation: _____

Email: _____ Home Address: _____

City: _____ State: _____ Zip: _____

Phone: Preferred: _____ Alternate: _____

If one day only please indicate: ☐ Thursday ☐ Friday

Registration fee (see above) \$ _____

WALC discount (current & new members subtract \$10 through 2/20) \$ _____

Total conference fee \$ _____

☐ Join WALC or renew membership (valid until 2/28/15)

Add \$20 to the conference fee \$ _____

Total amount enclosed \$ _____

Send check payable to WALC
with registration form to:

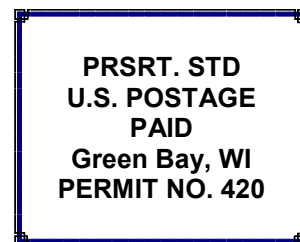
WALC Conference
Sandy Testin
218 Lake Street
Waupaca, WI 54981

Confirmation of registration
will be sent.

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

ILCA member? no/yes IBCLC? no/yes If yes, IBCLC # _____

Volunteer interest? ☐ WALC Conference ☐ WALC Officer ☐ Other: _____



Registration form inside!



Hotel Reservations

A block of rooms has been reserved at the special rate of \$97 per room, single or double. To get this special rate, make your reservations at the Radisson Paper Valley Hotel online at www.radisson.com/walc or by calling (800) 333-3333 **before February 7** and specifying the WALC Conference. The Radisson has a 24 hr. recreation center with a swimming pool, whirlpool and fitness center. All rooms include a coffee maker, hair dryer, iron and ironing board. Check-in is at 3 p.m. and check-out is at noon. A late check-out is not likely this year. The direct number for the hotel is (920) 733-8000.

Restaurants

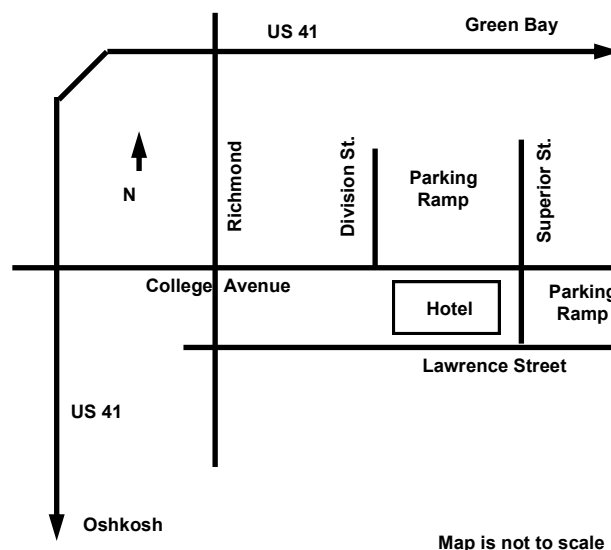
Dinner on Thursday may be purchased in the hotel restaurant or at one of the many restaurants located nearby. A list of restaurants within walking distance of the hotel will be available.

Further Information

Sandy Testin, 218 E. Lake Street, Waupaca, WI 54981
Phone: (715) 258-1076 email: sandytestin@gmail.com
Website: www.walc.net

Directions

From Highway 41, take the College Avenue exit east into downtown Appleton to 333 West College Avenue. Parking is available in nearby ramps. The fee is currently \$2, payable each time you enter.



Conference Planning Committee: Jennifer Statz, RN, IBCLC (Chair)* Janet Godshall, RN, IBCLC
Beth Metsa, CD, CLS * Marty Polzin, LPN, IBCLC * Kathie Russell, RN, IBCLC * Tracy Schieffer, RN, IBCLC
Sandy Testin, RN, IBCLC * Meredith Weir, IBCLC