

12th Annual Breastfeeding Forum

March 18, 2024 \ 9 am–3:15 pm

Hickory Metro Convention Center
1960 13th Avenue, Drive, SE
Hickory, NC

Program Overview

This one-day conference will focus on techniques to assist women with breastfeeding and update care providers on breastfeeding techniques and tips to ensure a successful breastfeeding experience.

Who Should Participate

This program targets lactation consultants, WIC staff members, registered dietitians, health educators, peer counselors, nurses, social workers, childbirth educators and others who assist individuals with breastfeeding.

As part of our commitment to diversity and inclusion, the Northwest AHEC provides compassionate education and respectful care for all, regardless of socioeconomic status, race, ethnicity, language, nationality, sex, gender identity, sexual orientation, religion, geography, disability and age.

Objectives

Upon completion of this program, participants will be able to:

- Describe and define postpartum hemorrhage and risk factors for PPH.
- Provide support to mother and OB teams in the setting of PPH.
- Identify challenges experienced by parents of babies with special needs that may impact breastfeeding, such as neurological disorders and congenital anomalies.
- Provide specialized breastfeeding techniques and positions that can support babies with special needs.
- Discuss the unique nutrition needs to support breast milk production.
- Identify the impact of disordered eating and body image concerns on breastfeeding.
- Integrate evidence-based self-care practices into their daily routines to enhance their personal well-being and empower their clients through comprehensive self-care strategies.



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Register online at northwestahec.org

Faculty

Kathryn Gantt, MHS, RD, LDN, RYT 200

Registered Dietician
Kathryn Gantt Nutrition

T'Errah Jessup, MPH, IBCLC

Lactation Consultant
Wildflower Lactation & Postpartum Care

Marlowe Kovach, LCSW

Mental Health Professional
Mountain Area Health Education Center

Kimberly N. Newton MD, MPH, IBCLC

Physician
Cone Health Center for Women's Healthcare

Jointly Provided by:

Northwest Area Health Education Center (AHEC), a program of Wake Forest University School of Medicine and part of the NC AHEC System, Mountain Area Health Education Center and Region 1 WIC LATCH (Lactation Area Training Center for Health).

This program is financially supported by education funds to NC WIC Perinatal Region 1 WIC LATCH (Lactation Area Training Center for Health) by NC Department of Health and Human Services Community Nutrition Services Section



**Wake Forest University
School of Medicine**

NORTHWEST AHEC

PART OF NC AHEC

Cost and Registration

\$90—Registration fee

\$80— Group of three or more, registering together

Registration fee includes instructional and administrative costs, certificate of completion, program materials and meals.

Refund Policy— Cancellations received in our office at least two weeks (14 business days) before the activity will receive a 100 percent refund. Registrants cancelling between two weeks and two full business days prior to the first day of the event will be refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee. The registration fee will not be refunded if a cancellation is received less than two days before the activity. **Cancellations must be in writing (email)**. You may send a substitute in your place.

When planning for an educational activity, registration fees are not based on credit hours or agenda. Registration fees are based on expenses such as equipment, technology services, staff, etc., and are not adjusted by issues such as cancellation of speakers or other unforeseen circumstances. Every effort will be given to ensure the activity is a success.

Credit

4.5 Contact Hours from Northwest AHEC

The 12th Annual Breastfeeding Forum awards 4.75 CPEUs in accordance with the Commission on Dietetic Registration's CPEU Prior Approval Program.

3.5 IBLCE L CERPs. Long-term provider number assigned to Northwest Area Health Education Center: COT121-01

1.0 IBLCE R CERPs. Long-term provider number assigned to Northwest Area Health Education Center: COT121-01

Credit will be awarded based on participant selection at time of registration. Before selecting credits, please review our general [Credit Glossary](#) but note not all programs offer all credits.

Criteria for successful completion requires attendance for at least 90% of the activity and submission of the evaluation.

Registering for and attending this program authorizes Northwest AHEC/Wake Forest University School of Medicine to take pictures to be used for the Center's publications, website (including social media sites) and presentations.

Agenda

Mon., March 18, 2024

8:30 am Registration/ Continental Breakfast (included)

9 am Eating Disorders in the perinatal period: Impacts on Breastfeeding and nutrition status
Kathryn Gantt, MHS, RD, LDN, RYT 200

10:20 am Stretch Break

10:35 am Postpartum Hemorrhage and the Effect on Lactation and Breast/ Chestfeeding journeys
Kimberly N. Newton MD, MPH, IBCLC

11:45 am Lunch (included)

12:45 pm Nurturing Breastfeeding Success for Babies with Special Needs
T'Errah Jessup, MPH, IBCLC

1:45 pm Stretch Break

2 pm Empowering Self-Care and Wellness for the Healthcare Professional and their Clients
Marlowe Kovach, LCSW

3:15 pm Adjourn

Hotel Information

Fairfield Inn & Suites by Marriott
1950 13th Avenue Drive SE
Hickory, North Carolina 28602

A block of rooms has been reserved at the Fairfield Inn & Suites by Marriott just steps from the convention center. [Book online](#) or call 828-431-3000 to reserve your room. Reservations must be made by March 3, 2024 to receive the event discount rate of \$139 (plus tax) per night.

For More Information and Assistance

If you have questions about registering for this activity or need auxiliary aids or special services to attend, please contact Michelle Adams at least five working days prior to the activity by calling 336-713-7726 or emailing micadams@wakehealth.edu.

Note – If you have not received confirmation of your registration 24 hours before the program date, please call Michelle Adams at 336-713-7726 or email micadams@wakehealth.edu to verify the status of your registration.

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Registration Fee

Register online at northwestahec.org

- \$90 — Registration fee
- \$80— Group of three or more, registering together

Registration Form

Last four of your preferred phone number:
** required*

First Name	MI	Last	Degrees (e.g., MD)		
Profession		Job Title			
Home Address		City	State	Zip	County
Home Phone		Cell Phone			
Employer					
Employer Address		City	State	Zip	County
Employer Phone		Employer Fax			

Email Required _____

- Preferred Email
- Home Email
- Work Email

By providing your fax number, email address and telephone number, you have granted permission for us to contact you via the numbers and address indicated.

Ways to Register:

- Register online** by clicking the following link: www.nwahec.org/72548 (recommended)
Visa, MasterCard, and American Express accepted online only.
Payment by check option also available.

- Make check payable** to Wake Forest University Health Sciences and mail, with registration form, to:
Wake Forest University School of Medicine / NW AHEC
Medical Center Boulevard, Winston-Salem, NC 27157-3311
Attention: Michelle Adams

- Atrium Health Internal Transfer:** _____ **Project** _____
Comp Op Unit Cost Ctr Nat Acct Program Fund

- Employer will make payment.** Supervisor completes below and emails to micadams@wakehealth.edu

Supervisor's Name (Printed) _____ Signature _____ Phone _____

By signing, I am certifying that agency payment will follow. If you have a balance due and do not attend or send a substitute, you will be invoiced for the full program fee.