



11th Annual Statewide Meeting and Workshop

[RISE by Elevation Hotel](#), Minneapolis

Workshop: Refresh and Retool Your Lactation Skills

Thursday, November 8, 2018 | 9:00 a.m. – 4:30 p.m.

Topics include

- Prenatal milk expression
- Mechanics of breastfeeding
- Reimbursement and licensure
- Breastfeeding in childcare
- Inclusion and respectful care

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The Health Equity Journey: Strategies and Resources to Support Breastfeeding Families

Friday, November 9, 2018 | 8:00 a.m. – 4:30 p.m.

Keynote

National speaker and author [Kimberly Seals Allers](#)

- The Power of Community to Shift Cultural Norms in Breastfeeding
- Rewriting the Story of Birth and Breastfeeding to Improve Outcomes

Other topics

- Building worksite lactation support
- Understanding breastfeeding in African American, Hmong and Native American communities
- Advocating for breastfeeding
- Accessing breastfeeding support in greater Minnesota
- Building coalitions and engaging communities using Appreciative Inquiry

More information and registration at

<https://mbc2018annualmeetingworkshop.eventbrite.com>.

Send questions to mnbfcevents@gmail.com. Applications being submitted for continuing education credits for lactation providers, nurses, and dietitians.