



# minnesota breastfeeding coalition

*breastfeeding: healthy babies • healthy families • healthy communities*

## **11th Annual Statewide Meeting and Workshop**

*RISE by Elevation Hotel, Minneapolis*

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### **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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## **11<sup>th</sup> Annual Statewide Meeting**

### ***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*

Registration page will be up very soon! Send questions to [mnbfcevents@gmail.com](mailto:mnbfcevents@gmail.com). Applications being submitted for continuing education credits for lactation providers, nurses, and dietitians.