



Ancient Art: Modern Science

La Leche League of Eastern Pennsylvania
Breastfeeding and Parenting Conference

Embassy Suites
Philadelphia-Valley Forge,
888 Chesterbrook Boulevard
Wayne, PA

October 18-19, 2013

Leader Enrichment Workshop October 20, 2013

An Invitation to the Conference

La Leche League of Eastern Pennsylvania has been providing information, education, and support to the breastfeeding families of Eastern Pennsylvania since 1971. This breastfeeding and parenting conference is provided for breastfeeding families and those who support them. A wide variety of topics from family-management to technical breastfeeding topics offering the latest research are provided to meet everyone's needs. We welcome all members of the breastfeeding community to develop their skills, further their education, strengthen their bonds of friendship and foster collaboration within the breastfeeding community.

Shelly Karver
Area Conference Coordinator

The mission of La Leche League is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

Conference Speakers:

Featuring:

Kathy Dettwyler

Kay Hoover *

Melissa Lucchesi

Lisa Mandell*

Baker Anderson

Rebecca Anderson*

Patty Angstadt*

Jeremi Dilworth*

Eliza Magland*

Lorraine Mishler*

Peggy Moran*

Marah Mumma*

Bobbie North*

Kristina Pasquale*

Angela Quinn*

Tania Rush*

Karen Shaw*

Carol Smith*

Ginny Wilkinson*

**denotes a La Leche League Leader*

Speaker Bios

Kathy Dettwyler, PhD, is a biocultural anthropologist, researcher, lecturer, and author who has been thinking and writing about breastfeeding and weaning since 1980. She teaches anthropology at the University of Delaware, and lives in Newark, Delaware with her husband Steven, son Peter, and two poodles. Her daughter Miranda lives with her husband, son, and daughter in Cardiff, Wales. Her son Alex is married and lives in Pittsburgh; he recently graduated from Indiana University of Pennsylvania.

Kay Hoover, M Ed, IBCLC, FILCA, and husband, Charlie are the parents of three sons and the proud grandparents of three grandsons. Kay has been an LLL Leader for 42 years. Kay has worked as a private practice lactation consultant, a hospital lactation consultant, the lactation consultant for the Philadelphia Department of Public Health, for The Center for Childhood Obesity Research at The Pennsylvania State University, and currently works for the Pennsylvania Department of Health. She has presented workshops at national and international conferences and is a co-author of *The Breastfeeding Atlas*.

Melissa Lucchesi, BA, is the mama of one sweet little boy. She has worked in the trauma field for nearly a decade. She has a bachelor's in psychology from Widener University and is working on her master's in clinical counseling psychology and trauma studies at Chestnut Hill College. Melissa is the founder and director of Voices, Inc., which seeks to assist trauma survivors and their loved ones in creating their own healing journey in order to reclaim their voices. She is a member of La Leche League and has attended meetings since 2011.

Jeremi Dilworth has worked in the birth community since 1995. She graduated from the North Carolina School of the Arts with a BFA in dance. While pursuing a dance career she found herself increasingly drawn to the community of allied health professionals working in the fields of childbirth and lactation. She became certified as a doula and childbirth educator and taught in birth centers, parenting resource centers, and in private practice in New York City and the Delaware Valley region. She has been a La Leche League Leader since 2009 and became an IBCLC in 2011. As a homeschooling mother of three, she is constantly humbled in the pursuit of balance.

Lisa Mandell, IBCLC

Conference Schedule

Friday, October 18, 2013

Registration opens.....	6:00 p.m.
Hotel Manager's Reception	5:30-7:30 p.m.
Conference Opening Meet and Greet	7:30-10:00 p.m.

Saturday, October 19, 2013

Breakfast.....	7:00-10:00 a.m.
Registration opens.....	7:15 a.m.
Session 1	8:15-9:30 a.m.
Session 2+++	9:45-11:00 a.m./11:45a.m.+++
Potpourri	11:15-11:45 a.m.
Lunch	12:00-1:00 p.m.
Session 3	1:15-2:30 p.m.
Session 4	2:45-4:00 p.m.
Silent Auction.....	8:00 a.m.-4:30 p.m.
Exhibit Hall	8:00 a.m.-4:30 p.m.
Romp & Roar Room.....	8:10 a.m.-4:15 p.m.
Rock & Rest Room.....	8:00 a.m.-4:30 p.m.
Hotel Manager's Reception	5:30-7:30 p.m.
Dinner	6:30-7:45 p.m.
Evening Activities	8:00-10:30 p.m.

+++Please note that the CERP sessions in Session 2 end at 11:45

Sunday, October 20, 2013

Breakfast.....	7:45-10:00 a.m.
Registration opens.....	8:00 a.m.
Session 5	8:30-9:20 a.m.
Session 6	9:30-10:20 a.m.
Session 7	10:30-11:20 a.m.
Leader Recognition Ceremony.....	11:30 a.m.-12:00 p.m.
Lunch.....	12:15-1:30 p.m.
Session 8.....	1:40-2:30 p.m.

Registration Information

For security reasons, everyone must register (including speakers, exhibitors, and those with complimentary registrations) and wear their nametags at all times during the conference.

Registration Form

The registration form can be found at the end of this registration brochure. Please send your completed registration form with payment to:

LLL of Eastern PA Area Conference Registrar
901 Cherry Hill Road
Bloomsburg, PA 17815

Online registration is available at: <http://www.LLlof-easternpa.org/conference2013>

Payment of online registrations will be handled via PayPal. You do not need an active PayPal account to complete this transaction.

Please select first and second topic choices carefully, as your first choice cannot be guaranteed. If both of your choices are filled, you will be assigned a topic. Topic changes can be made only at the registration table on the day of the conference, and only if space is available. Please understand that session monitors may ask you to leave session topic to which you are not assigned.

Please calculate your fees carefully. You will be notified if you have an incomplete payment. *Your registration will not be processed and session topics will not be assigned until full payment is received.* A \$25.00 processing fee will be assessed for returned checks.

Registration Fees

Friday Conference Opening Celebration: a meet and greet event that is included in your registration fee. Please indicate the number of people attending from your family.
Friday only registration.....\$5.00

Saturday Conference Fee: includes lunch buffet for one adult.

LLL Leader, Leader Applicant, and Retired Leader\$75.00
LLL Member\$85.00
Non-LLL Member**\$95.00

(**Please consider an LLL membership for as little as \$25)

LLL Alumnae Leader Lunch only\$25.00
Spouse/Partner, Father, Grandparent, or Caregiver (lunch buffet additional).....Free

Sunday Leader Enrichment Workshop Fee

LLL Leader or Leader Applicant (includes lunch).....\$45.00

Late fees

Registrations postmarked or received online between October 5-9, 2013, add\$10.00
Registrations postmarked or received online after October 9 or walk-ins, add\$15.00

Registration Deadlines

The deadline for registration is October 4 and a late fee of \$10.00 will be added for all registrations postmarked between October 5-9, and for all online registrations received between October 5-9. All registrations received after October 9 will be treated as on-site registrations and will incur an additional \$5.00 on-site late fee. (see page 7)

You may register at the door, on a space-available basis. Meals may not be available and topic selections may be limited. In addition to the registration fee, the \$15.00 on-site fee will be assessed.

Refund Policy

A written request must be postmarked by October 4, 2013 for a full refund of all fees and meals, less a \$10.00 processing fee. Contributions and LLL memberships will not be refunded. Requests for a refund postmarked between October 5 and October 9, 2013 will receive a full refund for meals and 50% of registration fees. Refund requests postmarked after October 9, 2013 cannot be honored. Please send refund requests, with a SASE, to the Area Conference Registrar: 901 Cherry Hill Road, Bloomsburg, PA 17815. Refunds will be processed after the conference.

Additional Registration Brochures

Please reproduce this entire brochure as needed. For additional copies, send your name and address along with \$1.00 per brochure requested to Conference Mailing Coordinator, 204 Kent Drive, Exton, PA 19341. The entire registration brochure is also available online at <http://www.LLLofeasternpa.org/conference2013>.

Program Booklet Deadlines

Children of LLL and Friendly Messages for the Program Booklet must be received by **October 9, 2013** to ensure inclusion in the Program Booklet. Friendly Messages are \$5.00 each; Children of LLL are \$2.00 for each name.

Day Workers Needed

It takes many helpers to keep the conference running smoothly. If you are willing to volunteer for an hour or more, please fill in the appropriate information on the registration form and you will be contacted. Teen volunteers are also welcome.

Accommodations

The LLL of Eastern Pennsylvania 2013 Area Conference will be held at the Embassy Suites Philadelphia-Valley Forge, 888 Chesterbrook Boulevard, Wayne, Pennsylvania, 19087.

- You can reserve a room for the discounted rate of \$115 per night (plus applicable taxes) for up to two adults. Children stay free.
- All rooms will have one king bed and one sleep sofa. A limited number of rooms that contain two king beds are available by contacting the hotel 610-647-6700.
- Please note that this rate includes a breakfast buffet for up to two adults. Additional breakfast buffet tickets may be purchased on the conference registration form.
- Manager's Reception from 5:30-7:30 p.m. with complimentary drink and light snack.
- Each room has WiFi and high-speed Internet service, a refrigerator, and a microwave.
- The fitness room and indoor swimming pool will be accessible to hotel guests.

To reserve a room, call 610-647-6700 and mention "LLL" or register online at http://embassysuites.hilton.com/en/es/groups/personalized/P/PHLVLES-LLL-20131018/index.jhtml?WT.mc_id=POG and use code "LLL." Reservations must be made by September 27, to receive the discounted room rate. Call early to ensure availability. Log on to <http://embassysuites3.hilton.com/en/hotels/pennsylvania/embassy-suites-philadelphia-valley-forge-PHLVLES/index.html> for more information about the hotel.

Directions

Located just west of King of Prussia Mall & Exit 326 off the Pennsylvania Turnpike, the Embassy Suites Philadelphia-Valley Forge is convenient to downtown Philadelphia, the Brandywine Valley area, major highways, and the Philadelphia International Airport.

FROM THE PENNSYLVANIA TURNPIKE AND POINTS NORTH: Take exit 326, Valley Forge/King of Prussia. After going through the toll booth, take exit 328A, West Chester/202 South. Follow Rt. 202 South for approximately 3 miles to the Chesterbrook Blvd. exit. At the top of the exit ramp, make a right. The hotel entrance is on the right.

FROM THE SCHUYLKILL EXPRESSWAY (I-76) AND CENTER CITY PHILADELPHIA: Take I-76 West to exit 328A, Valley Forge/West Chester/202 South. Follow Rt. 202 South for approximately 3 miles to Chesterbrook Blvd exit. At the top of the exit ramp, make a right. The hotel entrance is on the right.

FROM PHILADELPHIA AND THE AIRPORT: Take I-95 South (toward Delaware) approximately 4 miles to I-476 North. Follow I-476 North for approximately 17 miles to exit 16B, Valley Forge/76 West to exit 328A, Valley Forge/West Chester/202 South. Follow Rt. 202 South for approximately 3 miles to the Chesterbrook Blvd exit. At the top of the exit ramp, make a right. The hotel entrance is on the right.

FROM DELAWARE AND SOUTHERN POINTS: Take I-95 North to I-476 North. Follow I-476 North for approximately 17 miles to exit 16B, Valley Forge/76 West. Take I-76 West to exit 328A, Valley Forge/West Chester/202 South. Follow Rt. 202 South for approximately 3 miles to Chesterbrook Blvd exit. At the top of the exit ramp, make a right, the hotel entrance is on the right. **Alternate route:** take route I-95 N to Rt. 202 N and follow to the Chesterbrook Blvd. exit. At the top of the exit ramp, make a left. The hotel entrance is on the right after crossing over Rt. 202.

Food at the Conference

Saturday Breakfast

The Breakfast Buffet is *free* for attendees and children who stayed at the hotel on Friday night. The hotel provides this free breakfast for up to two adults per room; all children staying overnight with the adult(s) eat breakfast for free.

The buffet breakfast includes bacon, eggs, sausages, breads and bagels, fresh fruits, cereals, pastries, and much more.

Attendees not staying at the hotel may purchase this meal on your registration form for an additional fee: Adult \$15.60; Child 6-12 \$7.75; Children under 5, free with adult purchase.

Saturday Lunch – One adult lunch is included with Saturday Conference Registration.

Saturday lunch is a Make-Your-Own Chef Salad Bar Buffet consisting of mixed greens, sliced vegetables, hard boiled eggs, grilled chicken, chick peas, and assorted salad dressings, soup du jour, and assorted breads, with seasonal fruit and assorted cookies and brownies for dessert.

Additional Adult: \$25.00, Child: 6-12: \$12.50, Children under 5: free with adult purchase.

Saturday Dinner This meal is not included with registration.

Saturday dinner is a Southwest Fajita Buffet, which will feature tossed green salad and assorted toppings, corn and flour tortillas, pork, chicken, beans and rice, assorted fajita toppings, with seasonal fruit and assorted cookies and brownies for dessert.

Adult: \$28.00, Child: 6-12: \$14.00, Children under 5: free with adult purchase.

Sunday Breakfast

The Breakfast Buffet is *free* for attendees and children who stayed at the hotel on Saturday night. The hotel provides this free breakfast for up to two adults per room; all children staying overnight with the adult(s) eat breakfast for free.

The buffet breakfast includes bacon, eggs, sausages, breads and bagels, fresh fruits, cereals, pastries, and much more.

Attendees not staying at the hotel may purchase this meal on your registration form for an additional fee: Adult \$15.60; Child 6-12 \$7.75; Children under 5, free with adult purchase.

Sunday Lunch - One adult lunch is included with Sunday Leader Enrichment Workshop registration.

Sunday lunch is a plated meal with a choice of:

Salmon, Pork, Vegan meal, or Kosher meal (meat).

Additional Adult or Child meal: \$32.00.

Children's alternative meal of chicken: \$15.00.

Seating

Seating at all meals is on a first-come basis. Please arrive promptly if you wish to ensure seating with friends and family. We will have seating for *all* children regardless of their age. To ensure the appropriate number of tables and chairs at all meals, please indicate the number of children in each age category in the meal section of the registration form.

Special Events

Opening Meet and Greet:

Friday, 7:30-10:00 p.m.

Enjoy this casual social time to reconnect with LLL friends you have made over the years and to make some new ones. Light refreshments will be available.

Fee: \$5.00 (included with Saturday registration).

Hotel Manager's Reception:

Friday and Saturday, 5:30-7:30 p.m.

The nightly hotel Manager's Reception is a place for registered hotel guests to gather and socialize over a complimentary pre-dinner drink or light snack. Service of alcoholic beverages requires proper ID.

Evening Gathering

Saturday, 8:00-10:30 p.m.

Time to unwind! After spending the day enriching your mind, join with fellow attendees and enrich your spirit. Bring the family, your knitting needles, and your singing voice. Karen Shaw is bringing her guitar! If you are a musician or singer, and would like to join Karen, contact <acc@LLLofoeasternpa.org> or Shelly at 484-883-0572.

Alumnae and Long-Term Leaders

Please join us for the Area Conference! Come for all or any part of the weekend. It is a great opportunity to share what you have been doing since retiring from LLL, renew old friendships, and make new ones.

On Friday evening at the Meet and Greet, relax and enjoy the company of LLL friends you have made over the years. Don't forget to bring along some family photographs!

Saturday, plan to join other long-term and retired Leaders for lunch at the Alumnae luncheon table.

If you are a retired Leader and register for the entire conference, you are entitled to pay the Leader fee of \$75.00 which includes lunch. Please be sure to check off the appropriate space on the registration form if you would like us to save you a seat at the alumnae luncheon table! Current Leaders are also welcome to join us at the luncheon table. You may also come just for lunch for \$25.00, under "Meals" on the Registration Form; enter zero under Saturday's Registration fees and don't sign up for any sessions. Either way, we look forward to seeing you.

Marketplace

The conference will feature a wide variety of breastfeeding-friendly products and services. You will have the opportunity to browse the wares of numerous vendors who support La Leche League. Take home a special treat for those you have missed all day or get an early start on your holiday shopping. Bring along the LLL Group checkbook and your personal checkbook to take advantage of these special offers.

LLL of Eastern PA Area Sales Tables

LLL of Eastern PA offers a wonderful selection of LLL merchandise and other breastfeeding-friendly items. Be sure to stop by and pick up some items for yourself and the Group.

Boutique Tables

At the Boutique, various items will be sold to benefit LLL Group treasuries. Full eight-foot tables are available for \$12.00; half tables are available for \$6.00. For information about reserving space for a LLL Group to sell items at the Boutique, please contact <exhibits@LLLofeasternpa.org> or Shelly at 484-883-0572.

Exhibits

The exhibitors offer services and products of interest to families and those who work with breastfeeding mothers and babies. In previous years, exhibitors have offered nursing clothes, baby slings, cloth diapers, books, jewelry, and quality toys. If you are interested in exhibiting during the conference, please contact <exhibits@LLLofeasternpa.org> or Shelly at 484-883-0572 for rates and details. La Leche League Leaders who have a small business and are interested in a shared table to display catalogs and business cards should contact <exhibits@LLLofeasternpa.org> or Shelly at 484-883-0572. All Exhibits must comply with LLL guidelines.

Silent Auction

The ever-popular Silent Auction offers a wonderful selection of items donated by LLL Groups, individuals, and businesses. Be sure to bring your wallet or checkbook. Written bids are taken throughout the day. You must be present at the end of the day to pay for and pick up your items if you are the high bidder. If you are interested in donating an auction item or a Group Basket, please contact <donations@LLLofeasternpa.org>. All auction items must comply with LLLI guidelines.

For Your Children

Bring your family to the conference! Babies and children with their parents are a distinctive and heartwarming sight at an LLL conference. Romp & Roar and Rock & Rest rooms will be provided at the conference for your convenience.

Rock & Rest Room

This room will be available free of charge for all conference attendees to provide a quiet respite for you and your baby during the busy day. You will find comfortable chairs and even a bed to lie down with the little ones. Diaper changing stations will be available for your convenience. This room will not be monitored by conference staff. Parents are responsible for tidying up after their children.

Romp & Roar Room

Will your children need to release some energy during the day? This room, available free of charge for all conference attendees, will be the perfect place for young children and parents to take a break from sessions. The room will contain age-appropriate toys and games to spark the interest of the little ones. *Children must be accompanied by caregivers age 13 or older.* Parents and caregivers are responsible for tidying up after their children.

Of course, children are also permitted to attend sessions with their parents. Parents are responsible for the comfort and needs of their children while at the conference. If your child begins to fuss during a presentation and is not easily comforted by nursing or distraction, please take the child to an appropriate area for a change of scenery and some undivided attention. Then, rejoin the session when your child is ready. Caring for your child is the most important thing you can do at the conference. Speakers will understand and will not be offended.

Stroller Policy

Strollers are not permitted due to the large number of families attending. Exceptions will be made for special situations such as multiples or disabilities. If you need a stroller permit please indicate your need when you register.

Conference Session Information

Session 1: Saturday, 8:15-9:30 a.m.

- 101 BEAUTY AND THE BREAST *Kathy Dettwyler*
+ CERP A look at how breasts and breastfeeding are thought of in North American culture. Including how breastfeeding is portrayed in the media, the problems this causes for women wishing to breastfeed while having a life outside the home and how to go about changing some of these beliefs.
- 102 SLEEPING LIKE A BABY *Jeremi Dilworth*
Responding to concerns about how the baby is sleeping. Information from sleep studies and how we might use that information to gain perspective on infants' sleep habits.
- 103 THE ART OF BABY WEARING *Tania Rush*
The benefits and philosophy of baby wearing; how it can make breastfeeding easier and motherhood more mobile. Proper positioning will be demonstrated and practiced. A variety of carriers and positions will be demonstrated and attendees will have the opportunity to try out the carriers.
- 104 RAISING CONNECTED FAMILIES *Patty Angstadt*
Ideas, activities, and communication strategies to extend attachment parenting beyond the early years.

Session 2: Saturday, 9:45-11:45 a.m.

- 201 STABILIZING THE NEWBORN: THE IMPORTANCE OF SKIN-TO-SKIN
+ CERP Understanding the baby's transition to outside the womb..... *Kay Hoover*
- 202 HERBAL GALACTAGOGUES *Lisa Mandell*
+ CERP A discussion of different herbs that may increase milk production, including research on effectiveness and side effects, and a review of the Academy of Breastfeeding Medicine clinical protocol.

Session 2: Saturday, 9:45-11:00 a.m.

- 203 SHARE THE LLLOVE *Angela Quinn*
Sharing your knowledge and passion for breastfeeding in a way that is respectful to others while remaining true to your own ideals.
- 204 SIGN LANGUAGE FOR BABY *Patty Angstadt*
A discussion of the different strategies of teaching sign language to your hearing child. Basic signs will be demonstrated.
- 205 DADDY TIME *Baker and Rebecca Anderson*
Ways fathers can join in their children's lives from birth on. Practical, nurturing tips for busy fathers.

Potpourri: Saturday, 11:15-11:45 a.m.

Join us for a drop in mini session. No need to register for a specific session. Experts will be available to demonstrate products and field questions.

FAMILY FRIENDLY AND BREASTFEEDING FRIENDLY LIBRARY - Stop by to discuss and browse a selection of children's books portraying family life in a manner that is consistent with LLL philosophy. - Bobbie North

BRA-FITTING -TBA

JUICING AND SMOOTHIES - The latest way to add nutrition to your family's diet. Recipes will be shared and techniques and equipment discussed. - TBA

CLOTH DIAPERING - TBA

Session 3: Saturday, 1:15-2:30 p.m.

301 IF IT'S IN PRINT, IT MUST BE TRUE?..... *Kathy Dettwyler*
+ CERP Evaluating scientific research: The good, the bad, and the ugly. Factors to be considered when evaluating research.

302 TRAUMA AND THE BREASTFEEDING EXPERIENCE *Melissa Lucchesi*
+ CERP This session will discuss what is trauma and how a trauma history can affect the birth and breastfeeding experience. Discussion will include local and national resources to help mothers who have experienced trauma and/or birth trauma and when to refer.

303 CALM AND CONFIDENT *Patty Angstadt*
Words and strategies for dealing with criticism and conflict in the doctor's office, in school, or with family.

304 YOUR NURSING TODDLER..... *Marah Mumma*
Come participate in a discussion of toddler nursing, nighttime parenting, setting limits, and more. Bring your questions, concerns, and success stories to share.

305 PRIVATE, HOME, OR PUBLIC SCHOOL *Eliza Magland*
Exploring the benefits and drawbacks of different forms of schooling and how to decide which is the best fit for your child and family

Session 4: Saturday, 2:45-4:00 p.m.

401 TONGUE TIE IN THE BREASTFED BABY *Kay Hoover*
+ CERP Recognizing the indicators for tongue tie, breastfeeding problems that may result, and the impact of untreated tongue tie over the long term.

402 ALERT AND ACTIVE PARTICIPATION *TBA*
+ CERP The physiological benefits for mother and baby of active participation in childbirth. Exploring the science of how birth affects breastfeeding.

Session 4: Saturday, 2:45-4:00 p.m. (continued)

- 403 NEW BABY, NEW PRIORITIES*Karen Shaw*
The art of juggling family priorities and expectations when a new baby arrives.
- 404 HOW TO LIVE ON ONE INCOME IN A TWO INCOME SOCIETY*Lorraine Mishler*
It can be done! Budgeting, tracking your spending, living modestly, and having enough. Information and suggestions for both one and two parent families.
- 405 BECOMING A LEADER *Carol Smith, Peggy Moran, Kristina Pasquale*
A discussion of the ups and downs, ins and outs, and the dos and don'ts of LLL Leadership preparation.

CERP Sessions

All registrants are welcome at these sessions. The technical nature of CERP sessions requires participant and speaker concentration. We therefore recommend attendance by children be limited to quiet infants in arms and non-separating children who will sit quietly near their mother. If you are bringing your children into sessions, please be reminded that, in keeping with LLL tradition, your child's needs are to be respected and attended to quickly. Your cooperation is appreciated. Please remember that this is a family-friendly conference, and as a result, your CERP experience here may differ from those conferences attended by healthcare professionals. If you wish to receive CERPs for attending any of these session topics, mark the appropriate space on the registration form and include a payment of \$12 per CERP session topic.

+ *CERP Credits applied for.*

Leader Enrichment Workshop Session Information

Attendance at the Leader Enrichment Workshop is limited to LLL Leaders and Leader Applicants.

Session 5: Sunday, 8:30–9:20 a.m.

- 501 MIRROR, MIRROR.....*Carol Smith, Peggy Moran, Kristina Pasquale, Kelly Cassidy*
Recognizing the potential Leader in the local Group for her reflection of LLL philosophy and helping the mother see herself as a Leader.
- 502 GETTING THE WORD OUT*Ginny Wilkinson*
Reaching out to the community in a variety of ways to promote La Leche League mother-to-mother support.

Session 6: Sunday, 9:30–10:20 a.m.

- 601 I CAN'T BELIEVE SHE JUST SAID THAT*Patty Angstadt*
Dealing with challenging meeting participants and difficult meeting situations.
- 602 FUNDRAISING TIPS.....*Marah Mumma*
Discuss a variety of ways to keep the Group Treasury healthy to provide the means to forward the mission of LLL in the local community.

Session 7: Sunday, 10:30–11:20 a.m.

- 701 GADGETS AND GIZMOS.....*Kay Hoover*
Come see a display of breastfeeding aids. Discussion will include risks and benefits of using these aids as well as tips and tricks for maximizing the benefits.

Session 8: Sunday, 1:40–2:30 p.m.

- 801 BREASTFEEDING, PAST AND PRESENT*Kay Hoover*
Don't miss what's new! Why it is so important to stay up to date on breastfeeding, with examples of how dramatically some of our breastfeeding knowledge has changed in the past decade.

CONTACT US

Area Conference Coordinator	Shelly Karver	484-883-0572 acc@LLLofeasternpa.org
CERP/CEU Coordinator	Eliza Magland	215-412-4162 CERP@LLLofeasternpa.org
Conference Registrar	Allison Shepard	570-784-7788 registrar@LLLofEasternpa.org 901 Cherry Hill Road - Bloomsburg, PA 17815
Exhibits & Vendors	Shelly Karver	484-883-0572 exhibits@LLLofeasternpa.org
Publication & Mailing Coordinator	Judy Polley	610-363-6206 mailing@LLLofeasternpa.org
Publicity	Ginny Wilkinson	570-275-1742 publicity@LLLofeasternpa.org
Silent Auction	Kelly Cassidy	717-406-3901 donations@LLLofeasternpa.org

