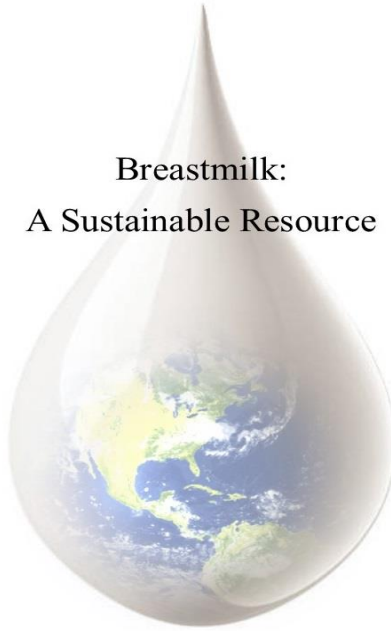


Breastmilk:  
A Sustainable Resource



## Florida Lactation Consultant Association

Proudly presents its biennial conference featuring

Laurel Wilson, IBCLC, CLE, BS, CLD, CCCE

Lauren DePaola, MSW, LCSW



Saturday, April 21, 2018

Orlando Regional Medical Center

Conference Center



Welcome Reception

Friday, April 20, 2018

Hampton Inn Orlando/Downtown South - Medical Center

Thornton Room

Continuing Education applications have been submitted to respective boards for Nursing and IBLCE with an anticipated approval of 7.0 contact hours.

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*Friday, April 20, 2018*

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7:00pm – 8:30pm Welcome Reception featuring light hors d’oeuvres and mingling with plenary speakers and conference attendees at the host hotel: Thornton Room.

Hampton Inn & Suites Orlando/Downtown South – Medical Center  
43 Columbia Street, Orlando, FL 32806

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*Saturday, April 21, 2018*

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7:00am – 7:45am Registration, Breakfast, Exhibit Hall at Orlando Regional Medical Center

7:45am Welcome

8:00am - 9:15am Using Mindfulness and Three Part Communication – *Laurel Wilson*

9:15am – 9:30am Break

9:30am - 10:30am Maternal Mental Health – *Lauren DePaola*

10:30am – 12:00pm Science of Mother Baby Bond: How Attachment Impacts Epigenetics, Brain Development and Stress – *Laurel Wilson*

12:00pm Lunch, Exhibit Hall

12:45pm – 1:45pm Hold the Phone – Diet Does Matter – *Laurel Wilson*

1:45pm – 2:00pm Break, Exhibit Hall

2:00pm – 3:15pm Marijuana and Breastfeeding – Toxic, Neutral or Who Knows? –  
*Laurel Wilson*

3:15pm Mindfulness Break – Exhibit Hall closes

3:30pm – 4:30pm Express Yourself – The Latest and Greatest on Hand Expression and Pumping - *Laurel Wilson*

4:30pm Closing and Evaluations

Schedule and Topics subject to modification

## Plenary Speakers



### *Laurel Wilson*

*Laurel Wilson has twenty five years of experience working with women in the childbearing year and perinatal professionals, Laurel takes a creative approach to working with the pregnant family. She is co-author of best-selling books, *The Greatest Pregnancy Ever: The Keys to the Mother Baby Bond* and *The Attachment Pregnancy: The Ultimate Guide to Bonding with Your Baby*. She currently spends a great deal of her time working with hospitals seeking Baby Friendly Status as a consultant and trainer. Laurel is board certified as a lactation consultant, childbirth educator, labor doula, lactation educator, Prenatal Parenting™ Instructor, and Pre and Postpartum fitness educator. She served as the CAPPAs Executive Director of Lactation Programs for 16 years and trains Lactation Educators for CAPPAs certification. She is on the Board of Directors for the United States Breastfeeding Committee, a Senior Advisor for CAPPAs, and also on the Advisory Board for InJoy Health. Laurel has been joyfully married to her husband for more than 25 years and has two amazing sons, whose difficult births led her on a path towards helping emerging families create positive experiences. She believes that the journey towards and into parenthood is a life changing rite of passage that should be deeply honored and celebrated.*

### *Lauren DePaola*

Owner/Therapist/Consultant-Postpartum Wellness & Family Counseling

Founder/President- Alachua County Perinatal Mental Health Coalition

Co-Founder, Florida Maternal Mental Health Collaborative



Lauren W. DePaola, MSW, LCSW holds a Bachelor of Arts degree from the University of Florida and a Master of Social Work from Florida State University. She is a Licensed Clinical Social Worker with a private practice focused on reproductive and perinatal mental health located in Gainesville, FL. Lauren has a particular focus on the issues of policy and sleep as related to perinatal mental illnesses. Lauren is also wife to John and Mom to two wonderful sons.



The Florida Lactation Consultant Association is comprised of healthcare professionals dedicated to the protection and promotion of human lactation. As such, we are pleased to offer continuing education opportunities which appeal to lactation consultants, nurses, therapists, physicians and other providers seeking to advance their knowledge and understanding of human lactation.



FLCA supports nursing mothers. As a professional conference and out of respect for the attendees and speakers, we ask nursing mothers to please use discretion. Please bring a caretaker to assist with baby's needs and noises. Also, please note: there will be no room for strollers or car seats.



In an effort to minimize printing resources, electronic handouts will be available for registered participants one week prior to the conference. Log in instructions will be provided to registered conference attendees.



FLCA follows the World Health Organization (WHO) International Code of Marketing Breast Milk Substitutes which does not accept the exhibition of bottles, formula products, or literature advertising them.



Cancellation requests received prior to April 2, 2018 will receive a full refund less a \$35 handling fee when requested from Mary Buskohl at [flcassociation@gmail.com](mailto:flcassociation@gmail.com).



Friday evening's Welcome Reception will take place at Hampton Inn & Suites Orlando/Downtown South - Medical Center. Saturday's conference will take place at Orlando Regional Medical Center's Conference Center. Kindly refer to the following page for addresses/directions.

## **Accommodations**

A block of rooms has been reserved with preferred rate of \$119.00 at the Hampton Inn & Suites Orlando Downtown South/Medical Center which is within walking distance of the ORMC Conference Center. Please call (407) 270-6460 and ask for the **FLC** Group Rate when reserving your hotel room. This block will be held until **March 21, 2018** on a first come, first served basis and conference attendees are encouraged to make reservations as soon as possible.

*The hotel is the same location as the Welcome Reception on Friday evening, April 20, 2018.*

Hampton Inn & Suites Orlando/Downtown South – Medical Center  
43 Columbia Street  
Orlando, FL 32806

## **Conference Center**

The conference on Saturday, April 21, 2018 will take place at

Orlando Regional Medical Center  
1414 Kuhl Avenue  
Orlando, FL 32806

Please utilize the ORMC Parking Garage and proceed to the Conference Center.

### **Directions to ORMC Parking Garage**

#### **From I-4 East**

Exit at Kaley Ave., Exit 81B. Turn right (east) on Kaley Ave. Turn left (north) on Orange Ave. Turn left onto Underwood St. Enter the Patient and Visitor Parking Garage via the 2nd entrance on the right.

#### **From I-4 West**

Exit 82 B. Turn right off the exit onto Anderson Street. Turn left (south) onto Division Ave. Turn left (east) onto Columbia St. Turn right (south) onto Kuhl Ave. Turn left (east) onto Underwood St. Enter the Patient and Visitor Parking Garage on the left.

#### **From Orange Ave, Northbound**

Turn left (west) onto Underwood St. Enter the Patient and Visitor Parking Garage via the second entrance on the right.

#### **From Orange Ave, Southbound**

Turn right (west) onto Underwood Street. Enter the Patient and Visitor Parking Garage via the second entrance to the right.

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*While you are here...*

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Consider exploring The City Beautiful – Orlando, Florida. These events are suggested activities to enjoy while visiting the greater Orlando area. The following suggestions are not affiliated with the Florida Lactation Consultant Association nor will any of the conference events take place at the following locations. In the spirit of sharing local favorites, may we suggest?

Orlando Science Center – 777 E. Princeton Street – Orlando, FL – [www.osc.org](http://www.osc.org)

**Mindbender Mansion Touring Exhibit**

You're invited to enter the wonderfully puzzling world of *Mindbender Mansion*! This eclectic exhibit that takes the concept of brainteasers to a dizzying new level with interactive challenges guaranteed to test the brain power and problem-solving skills of even the most experienced puzzlers! Adults and children alike will enjoy exercising their minds as they try to master the 40 individual brain teasers and five full-body-and-mind group activities in this fun and unconventional traveling exhibit!

Harry P. Leu Gardens – 1920 North Forest Avenue – Orlando, FL – 407.246.2620 - [www.leugardens.org](http://www.leugardens.org)

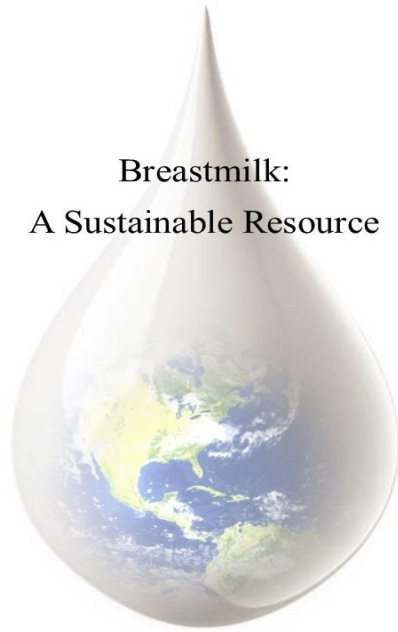
**Nature Connects® Art with LEGO® Bricks**

**January 6 – April 22, 2018**

by Artist Sean Kenney

Nature Connects is an incredible exhibit which features many larger-than-life sculptures built with LEGO® bricks. Over 450,000 bricks were used in this exhibit to bring nature to life. Imagine a 6-foot hummingbird hovering over a trumpet flower! Or, seeing a family of deer grazing on the grassy vista! This exhibit features 16 sculptures in 13 displays throughout the 50-acre gardens creating a very visual and fun experience for all ages.

**Breastmilk:  
A Sustainable Resource**



On behalf of the Florida Lactation Consultant Association, thank you for your consideration of registering for and attending our biennial conference. We look forward to connecting with you and working together to protect, promote and advance the sustainable resource of breastmilk.

Please visit our website [www.flca.info](http://www.flca.info) to learn more about membership with our statewide organization which is dedicated to the promotion and advocacy of the lactation professional.

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FLCA Conference Planning Committee and Board of Directors