



OLCA's 31st Annual Breastfest Conference March 31 ~ April 1, 2023

Let It Go ! Let It Flow ! Let It Grow !

Columbus Marriott Northwest ~ Dublin, Ohio

Friday, March 31: Conference

- 4:00 - 5:00 pm Conference Registration: Exhibits open
 4:45 - 6:00 Dinner (included in registration)
 6:00 - 6:15 **OLCA President's Welcome:** *Jennifer Foster*
 6:15 - 6:45 Awards
 6:45 - 7:45 **Find Your Lactation Therapy Workflow: Let It Go or Let It Flow?**, *Lisa Lahey*
 7:45 - 8:00 Break
 8:00 - 9:00 **Diabetes and Lactation: The Highs and Lows of Sweet Success**, *Laura Knisley*
 9:00 - 9:15 Questions and Answers; Evaluations

Saturday, April 1: Conference

- 7:00-8:00 am Sign In for **Conference**
 Continental Breakfast (included in registration)
 Exhibits Open, Poster Presentations by Authors
 8:00-8:15 **OLCA President's Address:** *Jennifer Foster*
 8:15-9:45 **Preparing Patiently and Advocate Passionately in Babies with TOTS**,
Lisa Lahey
 9:45-10:15 Break; Exhibits open
 10:15-11:45 **Tummy Time and Beyond: Growing Expertise in Early Human
 Movement to Improve Breastfeeding Outcomes**, *Allyson Wessells*
 11:45-12:00 Lunch set-up; Exhibits and Bookstore open, Posters on display
 12:00-12:45 Lunch (included in registration)
 12:45-1:30 **Grants, Scholarships:** *Amber Clary*
 1:30-3:00 **The BOSS in Breastfeeding: Baby's Oral Motor Skills and Strategies**,
Lisa Lahey
 3:00-3:30 Break; Exhibits and Bookstore open, Posters on display (last chance)
 3:30-4:30 **3 Step Survival Guide to Avoid Boob Burnout for the Lactation
 Professional: It's as easy as A, B, C**, *Stacy Notestine*
 4:30-4:45 Questions and Answers; Evaluations

Poster Session

OLCA supports and encourages research, innovation, and creative implementation of Best Practices in Breastfeeding and Human Lactation. Posters will be linked on the conference website. For information or to submit a poster:
breastfestposters@ohio-olca.org

Application has been made for IBLCE CERPs and Nursing contact hours.

For CERP and CEU information contact:
Mary Ann Blatz
ceu-cerp@ohio-olca.org

A link for the conference handouts will be posted on the conference website ONLY.

For more information, hotel rates, and to register, please go to:

[WWW.OHIO-OLCA.org/
Breastfest](http://WWW.OHIO-OLCA.org/Breastfest)

Tuition

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| 1. Member Price - Full Conference | \$285 |
| 2. Non-member Price - Full Conference | \$335 |
| 3. Member Price - Pre-Recorded Sessions ONLY | \$210 |
| 4. Non-member Price - Pre-Recorded Sessions ONLY | \$260 |

Registration closes March 27th for In-Person Conference and April 15th for Pre-Recorded Sessions.

An Early Bird Discount of \$25 is available until January 31, 2023!!!

On-Demand Presentations

Gentle Manual Therapeutic Techniques: Movement, Flow and Kindness - *Maya Bolman*
 Lactation After Loss - *Melissa Cole*
 Beyond Fenugreek: An Individualized Approach to Herbal Galactagogues - *Melissa Cole*
 The Mastitis Spectrum- Changing the Paradigm to Improve Care - *Anne Eglash*
 Supplementing Suck Dysfunction - *Lisa Lahey*
 The Lactation Therapy Approach to Latch and Positioning - *Lisa Lahey*
 Achieving Equity in Breastfeeding - *Rasheeda Larkin*
 Curating a Breastfeeding Supportive Community - *Rasheeda Larkin*
 3 Step Survival Guide to Avoid Boob Burnout for the Lactation Professional: It's as easy as A, B, C
 - *Stacy Notestine*
 Grassroots Efforts to Diversify and Strengthen Access to Human Milk - *Amber Sheeks*
 Infant Food Systems: Human Milk and Environmental Nutrition - *Amber Sheeks*
 Lactation Assessment Care Tool (LACT): Review of a New Instrument to Triage Lactation Care and
 Breastfeeding Support - *Allyson Wessells*

COVID/Illness Policy

- ◆ Refunds will not be given. However, if you are unable to attend, audio recordings of the live sessions will be made available after the conference, OR you may transfer your registration to another person. **Please check the OLCA website for up-to-date information regarding updates to this policy and in-person attendance.**
- ◆ In the event that the in-person portion of the conference is impossible due to COVID or other extenuating circumstances, the conference will be held virtually, and all in-person registrations will be honored for the virtual conference.
- ◆ OLCA reserves the right to substitute speakers and/or topics without prior notice.

Hotel Information

The above sessions will be available for on-demand viewing from Saturday, April 8, 2023, until Sunday, May 21, 2023.

The in-person portion of the conference will not be available as recorded sessions.

Should COVID rates increase to the point of cancellation of in-person attendance, the conference will be live-streamed on March 31-April 1, 2023.

Columbus Marriott Northwest

5605 Blazer Parkway, Dublin, Ohio 43017

Make reservations by **March 10, 2023**, for conference room rate of **\$129** (plus tax). There are a limited number of rooms available at this rate. Additional rooms may be made available at a non-conference rate. For online reservations: Book your group rate:

Ohio Lactation Consultants

<https://www.marriott.com/events/start.mi?id=1657300390284&key=GRP>