

# Breastfeeding Education Workshop



Join us for Breastfeeding training.  
Boost your knowledge and skills.

Learn about regional providers, and support services, and connect with colleagues.

Who should attend? Doulas, Community Health Workers, Family Support Workers, Community agency RNs, WIC staff, and people who support families through pregnancy and postpartum.

Brought to you by UVA Pediatrics & Breastfeeding Medicine program and Blue Ridge Health Department Maternal and Child Health Program.

**Saturday, October 12th**  
**9:00 am – 4:00 pm**  
**The Center at Belvedere**  
**Lunch provided**

## Topics Covered:

- Common breastfeeding issues and when, why, and who to refer
- Typical questions about Medications and resources for families
- Hands-On Latch Lab
- All Things Breast Pumps and collection
- Mastitis: Latest Evidence-Based Recommendations
- Maternal Mental Health with Breastfeeding-- Realities and Complications
- And More

Free registration: *RSVP to Katie Zecha, RN, MSN, IBCLC at*  
*kwh6s@uvahealth.org or using the QR Code below.*

Pre-workshop educational material will be provided upon receipt of RSVP

