

You are invited to a special seminar

Jewels Learned from Working Mothers

Breastfeeding is normal infant feeding. Supporting mothers and babies throughout their entire breastfeeding journey, including their return to the paid work force, will lead to improved breastfeeding outcomes. Join Wendy Wright as she shares jewels and strategies to eliminate breastfeeding problems encountered as moms return to work while breastfeeding. This comprehensive seminar will include information on:

- Current AAP and WHO breastfeeding guidelines
- Establishing realistic breastfeeding goals
- Strategies to assist in the transition to returning to work
- Pumping tips, techniques, and more...

Thursday, August 20th
1:30 – 2:30 p.m.

Location: Physical Performance Institute, Classrooms 101A&B
555 Knowles Drive, Los Gatos



Wendy Wright, MBA, IBCLC, is the President of Bay Area Lactation Associates (BALA). Wendy spent 15 years as a marketer in the biotech industry prior to training for IBCLC. In 2007 she founded Lactation Navigation, LLC. Lactation Navigation allows Wendy to combine skills learned in the corporate setting to assist employed mothers to return to work without weaning. Wendy also serves as the Treasurer for the California Breastfeeding Coalition and is the founder of The 16 Minute Club.

Reservations to attend are required. Please RSVP by calling 408-866-3905.