



2018 Continuing Education/Training Schedule

All 1-day trainings will continue to be \$145 per person.

Register at www.nutritionfirstwa.org (after 2/1/18)

Annual Spring Nutrition Conference – Hot Topics in Nutrition

Wednesday May 16, 2018. The Mountaineers Program Center. 7700 Sand Point Way NE, Seattle, WA 98115.

Key Note Speaker: “Aunt Cathy,” Cathy Breedon.

Annual Nutrition First Advances in Lactation Support Conference

September 2018 – TBD

This training is for staff who work with breastfeeding families and are ready to expand their skills and knowledge. This conference is new and different every year – with keynote speakers and topics highlighting new research and emerging trends.

Foundations in Lactation Support

- Tuesday May 1 – Dumas Bay Centre, 3200 SW Dash Point Road Federal Way, WA 98023
- Thursday October 18 – Seattle area TBD

Again this year Nutrition First trainer Michele Crockett, IBCLC, PCPA, LLLL, will provide this great training that is perfect for ALL new staff to attend. It’s also good for staff who want a refresher on how to support breastfeeding families. It covers staff roles, how to use client centered communication skills when talking about breastfeeding and what factors can affect milk production and exclusive breastfeeding. This training is also open to those other working in the community to support breastfeeding, and can be a great way for WIC to work with community partners.

(If you are interested in adding a Foundations in Lactation training in your area – please contact executivedirector@nutritionfirstwa.org)

Building on Foundations in Lactation Support

This training moves past the Foundations training and addresses more breastfeeding challenges and resources. This is a great training for clinics whose staff have already attended Foundations (or similar) and are interested in enhancing their skills in lactation support clinic-wide. This training is also open to those other working in the community to support breastfeeding, and can be a great way for WIC to work with community partners. (Trainer – Michele Crockett).

(If you are interested in adding a Building on Foundations in Lactation training in your area – please contact executivedirector@nutritionfirstwa.org)

- Thursday May 3, 2018, The Mountaineers Program Center. 7700 Sand Point Way NE, Seattle, WA 98115.
- Tuesday October 16, 2018 Toppenish WA, Conference Center 518 W. 1st Ave, Toppenish, WA 98948