

La Leche League of North Carolina  
Breastfeeding and Parenting Conference



September 23-25, 2011

Sea Trail Resort  
Sunset Beach, NC

## Conference Schedule

### Friday, September 23

- |              |   |
|--------------|---|
| 1:00–5:00 pm | Area Council Meeting  |
| 6:00-7:00 pm | Registration  |
| 7:00-8:30 pm | Reception (Ticket required)<br><i>Passionate Journey: My Pathway to Parenting</i><br><b>Marian Tompson LLL co-Founder</b> |

### Saturday, September 24

- |                   |  |
|-------------------|--|
| 7:30 am           | Registration, Exhibits & Marketplace Open  |
| 8:00 am           | Silent Auction Opens   |
| 8:00-9:00 am      | Session 1  |
| 9:15-10:30 am     | Opening Session<br>Welcoming Remarks, Leader Recognition<br>Ceremonies, LLL of NC Spirit Award       |
| 11:00 am–12:00 pm | Session 2  |
| 12:30-1:45 pm     | Luncheon (Ticket required)<br><i>Trails and Trials: Pathways to Parenting</i><br><b>Martha Sears</b> |
| 2:15-3:15 pm      | Session 3  |
| 3:30-4:30 pm      | Session 4  |
| 5:15 pm           | Silent Auction Closes  |
| 5:30 pm           | Exhibits & Marketplace Close   |
| 5:30 pm           | Silent Auction Pickup  |
| 6:00 pm           | Dinner (on your own)   |
| 7:30-9:30 pm      | Family Fun   |

### Sunday, September 25

- |                   |   |
|-------------------|---|
| 7:30 am           | Exhibits & Marketplace Open   |
| 8:30-9:30 am      | Session 5   |
| 9:45-11:00 am     | Brunch (Ticket required)<br><i>Finding the Balance</i><br><b>Martha Sears</b> |
| 11:00 am-11:30 pm | Closing Session   |
| Noon              | Exhibits & Marketplace Close  |

### Lend a Helping Hand

Many helpers are needed to make the Conference a success from setup to clean up. All helping hands will receive \$10 in drawing tickets. **Please check the appropriate box on your registration form if you are willing to help.**

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## Featured Speakers

### **Martha Sears**

Martha is the mother of eight children, a registered nurse, a former childbirth educator, a La Leche League Leader, and a lactation consultant. Martha is the wife of renowned pediatrician, William Sears, M.D., and with him, is the co-author of more than 25 parenting books. She is a popular lecturer and media guest drawing on her 18 years of breastfeeding experience with her eight children (including Stephen with Down syndrome and Lauren, her adopted daughter). Martha speaks frequently at national parenting conferences and is noted for her advice on how to handle the most common problems facing today's mothers with their changing lifestyles. Martha is able to connect with both full-time mothers and mothers who work full-time, because she herself has experienced both styles of parenting. Martha takes great pride in referring to herself as a "professional mother" and one of her favorite quips when someone voices their concern about her having eight children in an already populated world is: "The world needs my children."

### **Marian Tompson**

Marian Tompson is a co-Founder of La Leche League International and was its president for the first 24 years. Wife of the late Clement Tompson, she is the mother of seven children, grandmother to 16, and great grandmother to 4, so far. She was the first editor of what is now *New Beginnings* and has traveled the world speaking up for breastfeeding mothers and babies. In 2001, Marian founded *Another Look*, a not-for-profit organization dedicated to gathering information, raising critical questions, and stimulating needed research about breastfeeding in the context of HIV and AIDS. She has recently published her memoir, *Passionate Journey: My Unexpected Life*.

### **Pam Freedman (Alliance Department Leader Administrator)**

Pam first became involved with La Leche League while living in Bexley, Ohio, pregnant with her second child. Having not breastfed her first child, she quickly learned the benefits of breastfeeding with subsequent children! Pam moved to North Carolina in 1983 and became an LLL Leader in 1984. Since that time she has held many Area Council positions, including ACL in NC. She served LLL of the Eastern US as a Regional Administrator for the Appalachian Region and for the Great Lakes Region, before she became the Leader Department Administrator (LDA). Pam works with three LLL Groups in Chapel Hill and helps to keep La Leche League in the community spotlight there. She holds a weekly Breastfeeding Café at a local children's & maternity shop and also teaches prenatal breastfeeding classes at UNC Hospital to couples. Pam and her husband Steve have three adult children. Seth lives in Brooklyn, Jyllian lives in Hillsborough, NC, and Sutton lives in Atlanta, GA. When she is not doing LLL work, Pam can usually be found reading, listening to live music, or talking with friends and coLeaders.

### **Ann Calandro (LLLI Representative)**

Ann is the wife of one, the mother of four and the grandmother of four, the owner of five dogs, one cat, and a horse. She is a registered nurse, UNC-CH graduate, LLL Leader of 34 years, and IBCLC for 22 years. She has a long history with LLL, having done many jobs, mostly in the Professional Liaison Department. Most recent role for LLL of NC was that of CheerLLLeader. She resigned that position when elected to the Board of Directors for LLLI. Currently serving as secretary for the Board. Ann enjoys reading and making soap and soup. She is also a certified beekeeper.

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## Facility Information

### Overnight Accommodations Sea Trail Golf Resort and Convention Center

Rooms are available at the Sea Trail Golf Resort and Convention Center in Sunset Beach, North Carolina at special overnight rates to the attendees of the LLL of NC Area Conference. These rates are guaranteed to all registrants **THROUGH August 23, 2011**. Room availability and rates are not guaranteed after **August 23, 2011**.

Sea Trail offers a variety of room options starting at \$89.00 (plus tax) for a simple guest suite up to \$309 (plus tax) for a four bedroom Club Villa. There are a variety of options in between. A complete list of rates and floor plans is available at <http://www.llofnc.org/Conference.html>

Sea Trail encompasses over 2,000 acres in Sunset Beach, the southernmost barrier island of North Carolina, and is surrounded by lush fairways, pristine lakes, and nearby white sandy beaches. A state-of-the-art activity center, 54-holes of championship golf, onsite dining, and outdoor and heated indoor pools are just a few of the amenities this resort has to offer.

Attendees can choose from over 400 villa-style suites that fit all lifestyles and range from one to four bedrooms, featuring full kitchens, large living rooms, and dining areas. Many of the suites offer private porches, king, queen, double or twin beds, spacious bathrooms, and easy access to all of the resort's amenities.

Our meeting space is separate from condos, so please come prepared to drive or walk from your room to our meeting space. The Sea Trail map is available on the conference Web site.

**Reserve your room  
by August 23, 2011.**

**Call Sea Trail  
1-800-624-6601**

*Be sure to mention you  
are with the LLL conference  
to receive the special rate.*

**For rates and floor plans,  
[www.llofnc.org/Conference.html](http://www.llofnc.org/Conference.html)**

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## Meals

Our conference meals will include a Friday evening reception, a Saturday luncheon, and a Sunday morning brunch. Menu selections are being finalized but you will have an option of either a chicken or vegetarian meal. We will also have chicken and vegetarian selections for children.



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## Registration Information

- Please fill out the registration form completely. To receive confirmation of your registration, send a self-addressed stamped envelope with your registration or request confirmation via email. Full payment must accompany the registration form. Registrations with incomplete or partial payments cannot be processed until full payment is received.
- Payment may be made by check payable to LLL of NC or by credit card. Checks returned by your bank will be subject to a fee of \$25. Mail in your completed registration form and your check to: LLL of NC Conference, Barbara Howe, 5046 Tar Hill Drive, Oxford, NC, 27565.
- Please mark your first, second, and third session choices as spaces are filled on a first-come, first-served basis.
- Early-bird registrations received by September 2, 2011 are entitled to a \$10 discount.
- Registrations received after September 2, 2011 are regular price. Walk-in registrations will be available on site, space permitting (a \$10 late fee will apply to walk-in registrations).
- Refund policy: Full refunds on registration, less a \$10 handling fee, will be given for written requests received by September 10, 2011. Half of the registration fee will be refunded if the request is received between September 10 and October 1, 2011. Refunds are not available on meals, pre-ordered merchandise, or other fees.
- For more information, contact: *conference@llofnc.org*.
- For additional registration brochures, please send your request to: *conference@llofnc.org* or contact Barbara Howe, Area Conference Coordinator, 5046 Tar Hill Drive, Oxford, NC 27565.
- Four early-bird scholarships will be awarded to Leaders based on financial need. To be eligible, a Leader must be current on Area dues. If interested, write a letter indicating the nature of your financial need, other sources of funding that you might be receiving, and the work you are currently doing as an LLL Leader. Submit requests to *LPARRYLLL@aol.com* by September 1, 2011.
- To register online, visit: *www.llofnc.org/Conference.html*.

### Teen Helpers Needed!

If you have a child 13 or older who would like to help during the conference weekend, please check the box stating that your teen can help or send email to *conference@llofnc.org*

To assure the security of your children, please supervise them at all times. Caregivers must be of an appropriate age, bearing in mind the public atmosphere at our conference facility. We will be sharing the facility with other groups. A children's play area will be provided.

## The Marketplace

**Opens Saturday, September 24**

### Exhibits

Businesses, organizations, and individuals pay fees to exhibit, which helps LLL of NC in its mission to be there when breastfeeding mothers need us. Exhibits are open Saturday, September 24, from 7:30 am to 5:30 pm and again on Sunday, September 25, from 7:30 am until noon. Please support LLL of NC by visiting the conference exhibitors. For more information about the exhibits, contact [donations@llofnc.org](mailto:donations@llofnc.org).

### Silent Auction

The Silent Auction features items donated by supporters, businesses, and LLL Groups throughout NC. The auction will be open Saturday from 8 am to 5:15 pm. All of the proceeds benefit LLL of North Carolina. To donate an item to the Silent Auction, please contact M. C. Gaylord, 15 Oakshire Ln, Hendersonville, NC 28769 or by email at [donations@llofnc.org](mailto:donations@llofnc.org).

### Boutique & Bookstore

The Boutique & Bookstore will be open from 9:00 am to 5:30 pm on Saturday, September 24. Groups wishing to sell items in the conference boutique should contact the ACC, Barbara Howe, at 5046 Tar Hill Drive, Oxford, NC 27565 or by email at [conference@llofnc.org](mailto:conference@llofnc.org) by September 1.

LLL of NC welcomes donations from individuals and businesses. Donations received by September 1 will be listed in the Program Booklet. If you wish to donate items or recommend a donor, contact [donations@llofnc.org](mailto:donations@llofnc.org).

T-shirts are available in uni-sex crew neck and ladies scoop neck . One hundred percent cotton, blue ink on a sand background. \$10.00 for uni-sex and ladies scoop neck. \$8.00 for child's sizes.



**Order your t-shirt and tote by September 14.**



Totes are blue ink on natural canvas. Makes a great shopping bag. Ten ounce, 100% cotton canvas bag with extra long colored web handles reinforced at stress points. Size 15" x 16" x 3" bottom gusset. \$6.00 each.

This conference is open to parents, LLL Leaders, members, health professionals, and others interested in meeting the needs of children by parenting through breastfeeding. The purpose and mission of this conference and La Leche League is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother. La Leche League is an international, nonprofit, nonsectarian organization dedicated to providing education, information, support, and encouragement to women who choose to breastfeed.

## 2011 LLL of NC Conference Registration

Please PRINT clearly and complete all pages of the registration form.

Full Name: \_\_\_\_\_

Spouse/Caregiver (if attending): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

LLL Group you attend: \_\_\_\_\_

Children *attending the Area Conference* with you (names and ages):  
\_\_\_\_\_  
\_\_\_\_\_

Check here if you have a disability and may require accommodations to fully participate. Please indicate your need: \_\_\_\_\_

Check here to request a stroller permit (only issued in cases of twins or families with disabilities.)

Check all that apply:  LLL Member  Leader  Leader Applicant  LLL Alumnae/retired  Area Council (position) \_\_\_\_\_  Healthcare Provider  IBCLC  Peer Counselor  Guest Speaker  Other \_\_\_\_\_

### Method of payment

Check Enclosed **Make checks payable to LLL of NC.**

Credit Card **Visa, MasterCard, Discover, and American Express are accepted.**

Account # 

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Expiration Date: 

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Signature: \_\_\_\_\_

Print Name on Card: \_\_\_\_\_

Mail your registration form and your check to:

- LLL of NC Conference, Barbara Howe, 5046 Tar Hill Drive, Oxford, NC 27565

<u>Registrant Session Choices</u>				
Saturday Sessions	1st	2nd	3rd	
1				
2				
3				
4				
Sunday Sessions	1st	2nd	3rd	
5				
<u>Spouse Session Choices</u>				
Saturday Sessions	1st	2nd	3rd	
1				
2				
3				
4				
Sunday Sessions	1st	2nd	3rd	
5				
<p><b>Complete if ordering T-shirts and totes.</b>  <b><i>Orders must be received by September 14th.</i></b></p> <p>T-shirts—Please indicate the number of shirts next to the sizes below and transfer this quantity to the appropriate row of the registration fees to be included in your total.</p> <p><b>Youth sizes:</b> (2-4)____ (6-8)____ (10-12)____ (14-16)____ (18-20)____  (\$8.00)</p> <p><b>Unisex</b></p> <p><b>Adult Sizes:</b> S____ M____ L____ XL____ 2X____ 3X____  (\$10.00)</p> <p><b>Ladies Scoop Neck sizes:</b> S____ M____ L____ XL____  (\$10.00)</p> <p><b>Conference Tote</b> _____  (\$6.00)</p>				

<b>Category</b>	<b>Unit Price</b>	<b>#</b>	<b>Total</b>
LLL Member Conference Registration	\$70.00		
Non-LLL Member Conference Registration	\$100.00		
LLL Leader Conference Registration	\$60.00		
Spouse/Caregiver Conference Registration	\$5.00		
Early Bird Discount: Received by Sept. 2	(-\$10.00)		
Session Speaker Discount	(-\$10.00)		
Friday Evening Reception with Marian Tompson	\$10.00		
Saturday Lunch Adult (ages 9+) Martha Sears Keynote #___ Meat #___ Vegetarian	\$23.00		
Saturday Lunch Child (ages 3-8) #___ Meat #___ Vegetarian	\$12.00		
Sunday Brunch with Martha Sears	\$23.00		
Child brunch	\$12.00		
Martha Sears <i>Finding the Balance</i> (Sunday presentation without brunch)	\$10.00		
LLL Leader CEUs	\$5.00		
IBCLE CERPs	\$20.00		
LLL Membership (Full Year)	\$40.00		
Alumnae Association Dues	\$20.00		
Adult Unisex	\$10.00		
Ladies Scoop Neck T-Shirt	\$10.00		
Children's T-Shirt	\$8.00		
Conference Tote	\$6.00		
Page Sub-total			



## Your Children at the Conference

*Babies and children are always welcome at this family event.*

### **Strollers**

Due to safety concerns, we discourage the use of strollers in the conference area. Stroller permits will be issued for the conference areas for a mother who is bringing twins, or if the mother or her child is physically challenged. Please mark the appropriate box on your registration form if you fall into one of these categories. Understanding that the conference location is quite spread out, we recognize that some may need to use strollers from sleeping locations to the conference center. We will have stroller parking area available.

### **Caregivers**

A parent or caregiver of sufficient skill to meet the needs of your child must be provided by the parents at all times. This can be you or your spouse, grandparent, or Mother's Helper. There are NO drop-off areas for children at the conference.

**Romp & Roar Room** will be open from 7:00 to 9:00 pm on Friday evening, from 7:00 am to 9:00 pm on Saturday and from 7:00 am to noon on Sunday. Caregivers are welcome to bring children to this area to play.

**Rock & Rest Room** will be open from 7:00 to 9:00 pm on Friday evening, from 7:00 am to 9:00 pm on Saturday and from 7:00 am to noon on Sunday. Caregivers are welcome to bring children to this area for quiet time.



## Communication Skills Workshop

Efforts are underway to plan a Communications Skills Workshop in conjunction with the Area Conference. Depending on interest, the workshop will be held on Thursday evening (9/22) and Friday (9/23), or Friday only. To learn more about Communication Skills program, go [llofnc.org/CSW.html](http://llofnc.org/CSW.html).

Contact Cicely Rodal for more information.

*carodal@nc.rr.com*

## Hints for Having Fun at the Conference

**Listen to Your Child** Listening to your child is the single most important thing you will do at this conference. Unhappy babies and toddlers will often enjoy a stroll or some down time. Take advantage of the Rock and Rest area for quiet time with baby or the Romp and Roar area for letting your toddler expend some energy. No one will be offended if you leave a session to comfort your little one and you will be allowed to return to all sessions.

**What to Bring** Comfortable, casual wear is appropriate for the conference. You may also want to bring your baby carrier, food for special needs, small quiet toys (those your child won't mind sharing or losing), a small blanket for baby to play on the floor, diapers and wipes, personal/Group checkbook for The Marketplace purchases, and your registration brochure.

**Special Accommodations** If you require special accommodations due to a physical handicap or disability, please indicate your needs on your registration form. We want you to enjoy the conference activities as much as possible!



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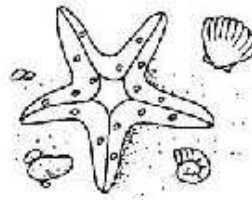
## Area Attractions

The Sunset Beach area of North Carolina is a beautiful family destination. Here are just some of the attractions that may be of interest.

Bird Island is a 1,300 acre State Preserve barrier island connected to Sunset Beach, reachable by boat, walking, or biking along beach. Home to loggerhead turtles and the purple sandpiper.  
[www.ncbirdingtrail.org](http://www.ncbirdingtrail.org)

Ingram Planetarium  
7625 High Market Street  
Sunset Beach, NC 28468  
[www.ingramplanetarium.org](http://www.ingramplanetarium.org)

Museum of Coastal Carolina  
21 E Second St.  
Ocean Isle Beach, NC  
[www.museumofcc.org](http://www.museumofcc.org)



Fort Fisher Aquarium  
[www.ncaquariums.com/fort-fisher](http://www.ncaquariums.com/fort-fisher)

## Session Information

Friday, September 23

Area Council Meeting

1:00-5:00 pm

Friday Night Reception (Ticket required)

7:00 pm

Passionate Journey:  
My Pathway to Parenting  
*Marian Tompson*  
LLLI co-founder

Saturday, September 24

Session 1

8:00-9:00 am

**101. Six Signposts to Better Birth and Breastfeeding** *Erin Moore, IBCLC* Participants will navigate the maze of modern maternity care. Following the signposts of six evidence-based strategies, women can optimize birth and breastfeeding success. CERP(L)/CEU(BE)

**102. Nursing in Public** *Donna Gilbert* Discuss what the law says and how it protects breastfeeding mothers and babies and share multiple ways to breastfeed confidently while in public.

**103. Educational Pathways: A Panel Discussion** Public? Private? Homeschool? Join a panel discussion on education possibilities.

**104. WIC (Women, Infants, and Children)** *Norma Escobar, IBCLC* Discover what the new WIC food package means for breastfeeding mothers and babies. See how WIC's incentives for breastfeeding work and find how you can collaborate with your local agency to support breastfeeding. CEU(E)

**105. Sharpen Your Listening Skills** *Communications Skills Department* Use Communication Skills Enrichment to sharpen your communications with those you support. CERP(R)/CEU(CS)

Opening Session

9:15-10:30 am

Welcome,  
Leader Recognition Ceremonies,  
and Special Awards.

Session 2

11:00 am-12:00 pm

**201. Breast Milk Feeding and Breastfeeding** *Christine McCann* More and more frequently mothers are deciding to pump and offer breastmilk exclusively by bottle. Is there a significant difference between breastfeeding and breast milk feeding? CERP(L)/CEU(BE)

**202. When Others Disagree** *Communication Skills Department* Answering questions about your parenting style is not always easy. Share and discuss ways to handle criticism while helping friends and family understand your parenting choices.

**203. The Fatherhood Journey** *Robert Barker* Fathers play an important role in the breastfeeding relationship. A discussion of what to expect as a father to a breastfeeding baby and a partner to a breastfeeding mother. (Fathers only)

**204. Childhood is a Journey, Not a Race** *Marian Tompson* Ways to slow down and to allow children to enjoy childhood in a society that tends to rush them.

### CEU/CERP Information

Continuing Education Recognition Points (CERPs) for lactation consultants have been applied for from LLL Alliance through a providership with the International Board of Lactation Consultant Examiners. Qualifying topics are designated "CERP." Please mark your registration form accordingly and include the \$20 CERP fee.

La Leche League-Alliance Continuing Education Units will be available from the LLL Alliance for Leaders. CEU guidelines allow Leaders to sign in with a monitor at each topic and leave the event with their certificate in hand. Leaders can document their breastfeeding education (BE), organization and management training (OM), communication skills instruction (CS) and (E) Leader ethics training. Leaders who have paid for CEUs will receive CEU paperwork in with their registration packets in order to track credits while taking sessions. Look for topics designated: "BE", "OM", "CS", or "E".

## Session Information

### Session 2, cont.

#### 205. Breastfeeding and Working *Hannah Rains*

Meeting the needs of your nursing baby while being employed requires planning. Practical suggestions for dealing with difficulties, handling emotions, and successfully meeting the needs of yourself and your baby.

12:30 - 1:45 pm

Lunch (Ticket required)

*Trails and Trials: Pathways to Parenting*  
Martha Sears

### Session 3

2:15-3:15 pm

**301. If You Plan to Nurse, Contact Your Lactation Consultant?** *Natalie Wilson* Is breastfeeding a medical condition that should be supervised by a healthcare professional? Examine the perceived benefits and hidden costs of medicalization of the nursing relationship. CERP(E)/CEU(E)

**302. Beyond Breastfeeding** *Ann Calandro, IBCLC* The breastfeeding years are just a small portion of the parenting trail. What does the road hold as you move beyond the early years?

**303. Baby's First Foods** *Frances Cronlund* Examine ways you can make fresh baby food that will complement your breastfeeding baby's growing needs. Discuss how to batch cook baby food for travel, freezing, or immediate consumption. Explore ways to simplify your life with whole foods prepared in its natural "wrapper."

**304. Unexpected Benefits of Attachment Parenting** *Janet Jendron and Martha Sears* Our choice to practice attachment parenting not only makes a profound impact on our families, but also on us as women. How attachment parenting helps form bonds that help families cope with life's challenges, helps us grow as individuals, and impacts our broader world.

**305. The Path to Leadership** *Leader Accreditation Department* Mothers interested in LLL leadership can come gather information that is need before embarking on the path to leadership.

### Session 4

3:30 - 4:30 pm

**401. Ouch to Ah** *Cindi Freeman, ICBLC* Examine the important role that latch plays in successful breastfeeding. CERP(L)/CEU(BE)

**402. Trying Toddlers are Treasures** *Jennifer Barker* Explore issues that might arise when parenting the one- to three-year old, including toddler nursing, separation anxiety, setting limits, and others.

**403. Health at Any Size** *Megan Kohtz* Health is more than simply a number on the scale. Discuss making healthy lifestyle choices.

**404. Testing the Clock** *Christine McCann* The path for babies learning the difference between night and day is sometimes challenging. Examine positive ways to meet the nighttime needs of your nursing baby.

**405. Leading the Way to Leadership** *Leader Accreditation Department* One of the joys of leadership is guiding another mother on the path to leadership. The Leader Accreditation Department will share details about being a Sponsoring Leader. CEU(OM)

**406. Marathon Leaders** *Linda Parry* Your La Leche League journey is not over simply because you no longer have nursing babies. CEU(OM)

**Book Signing 4:45-5:15 pm**

**Dinner (On your own)**

Gather with friends and enjoy a relaxed meal in one of the area restaurants located conveniently nearby.

**Family Fun Night 7:30-9:00 pm**

Take time to enjoy the nearby beach, the Sea Trail pools, or gather with other families for games, singing, and maybe even belly dancing.



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## Session Information

Sunday, September 25

### Session 5

8:30-9:30 am

**501. Hot Topics in Lactation** *Ann Conlon-Smith, IBCLC* The latest research and assessment skills in Tongue Tie (Ankyloglossia) and its impact on breastfeeding, the how-to's of paced bottle feeding when supplementation is needed, and how we reach and communicate best with millennial mothers and fathers. CERP(L)/CEU(BE)

**502. The Science of Attachment** *Mary Joan Florence* Examine the science behind the practice of attachment parenting. CERP(R)/CEU(BE)

**503. Making Ends Meet** *Ginger Gorrell* Navigating the trail of family finances today is tricky business. Explore making a family budget and sticking to it.

**504. Last Child in the Woods** *Pam Freedman* Children (and their parents) in today's world sometimes suffer from nature deficit disorder. Examine ways to get back to nature.

**505. Carolina Global Breastfeeding Institute (CGBI)** *Miriam Labbok, IBCLC* Explore how an academic institution like CGBI can support North Carolina's families and consider ways CGBI and LLL can work together. CEU(E)

9:45-11:00 am

Brunch (Ticket required)

*Finding the Balance*

Martha Sears

Closing Session

11:00-11:30 pm

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*Come join us for a fabulous conference.*



*See you at the beach.*

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La Leche League of North Carolina  
NC Area Conference Registrar  
Barbara Howe  
5046 Tar Hill Drive  
Oxford, NC 27565

**For Early Bird discount, register by September 2, 2011!**

**Mail enclosed form or register online at [llofnc.org/Conference.html](http://llofnc.org/Conference.html)**

**Reserve your room at the Sea Trail Golf Resort and Conference Center by August 23, 2011.**