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**Register by Mail or On-Line**

Complete and mail this form or register on-line at [www.mvbn.org](http://www.mvbn.org). Registration includes: Continental breakfast, lunch, and credits. Register early — seating is limited.

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
Phone: (Home) \_\_\_\_\_  
(Work) \_\_\_\_\_  
(Cell) \_\_\_\_\_  
e-mail: \_\_\_\_\_  
Organization: \_\_\_\_\_  
Title: \_\_\_\_\_

We are updating our mailing list. Please contact us at [susandebra@excite.com](mailto:susandebra@excite.com) if you received this brochure in error.

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**Registration Fee****Early Bird (by Oct. 2, 2008)**

\$60 Professionals  
\$40 Peer counselors/Students

**On Time (by Oct. 16, 2008)**

\$80 Professionals  
\$50 Peer counselors/Students

**After Oct. 16, 2008**

\$90 registration fee

**Make checks payable to:**

Mohawk Valley Breastfeeding Network

**Send to:**

Madison County Health Dept.

Attn: Ann

P.O. Box 605

Wampsville, NY 13163

**For more info: (315) 738-9773**

Ask for Colleen

Mohawk Valley Breastfeeding Network  
presents

# Re-Envisioning Mother-Baby Care

**A Workshop for Everyone Concerned  
with Helping Families & Society Thrive**



Featuring:

## Suzanne Arms

- ☞ Internationally Acclaimed Speaker
- ☞ Author of 7 Groundbreaking Books
- ☞ Photojournalist & Filmmaker
- ☞ Visionary Birth & Breastfeeding Activist

**Thursday, Oct. 30, 2008**  
**Hotel Utica**

102 Lafayette St., Utica, NY 13502  
315-724-7829

Madison County Health Dept.  
P.O. Box 605  
Wampsville, NY 13163  
ATTN: Ann

## Program & Objectives

Registration & Continental Breakfast .....8:00-8:30

Welcome .....8:30-8:45

**Ancient Wisdom & New Biology:** .....8:45-10:15

**Hope for Our Future**

- Understanding of cellular biology.
- neurobiology and psycho-immunology
- The latest in attachment theory and family development
- The Primal Period and the Mother-Baby Bond
- Breastfeeding as an essential part of birthing

**Break & Exhibits** ..... 10:15-10:30

**“Browning or Greening?”** .....10:30-12:00

**Worldwide & National Trends in Birth,**

**Breastfeeding & Mother-Baby-Family Care**

- To see positive models – from “grass roots” to government campaigns
- To broaden our vision for what is possible

**Laura Keegan, RN, FNP** .....12:00-12:15  
author of “Breastfeeding with Comfort & Joy”

**Lunch & Exhibits** ..... 12:15-1:15

**Birth as Healing, Birth as Trauma** ..... 1:15-2:45  
**a personal, family & societal issue**

- The nature and prevalence of birth trauma
- The role of breastfeeding
- The role of sacred circles and grandmother circles
- Additional healing modalities
- Structural changes needed in our community and our nation to move from coping to thriving – at the personal, familial, neighborhood and societal level

**Break & Dessert**.....2:45-3:00

**Building a Sustainable Community** .....3:00-4:30  
**& Creating Sanctuaries for Birth & For Mother-Baby Healing**

- To discover what sanctuary means and envision how to create them in our community
- Being agents of change
- Preventing our own stress and “burnout”

## About Suzanne Arms

Speaker, Author, Advocate, Photojournalist & Practical Visionary

Suzanne Arms is for many the grandmother of the natural childbirth movement. She is co-author of the *Breastfeeding: Getting Breastfeeding Right for You*, a book beloved by mothers and breastfeeding helpers. For more than three decades, Arms has been compassionately and passionately advocating on behalf of the mother-baby as a critical component of any health care system. Arms' second book *Immaculate Deception: A New Look at Women and Childbirth* stirred a national social change movement and became a New York Times “Best Book of the Year.”

Arms, herself a grandmother, weaves a fascinating tapestry of knowledge from ancient and cross-cultural wisdom to modern cellular biology and neuroscience, psychology and ecology, human sexuality and politics, the feminine and spirituality. Since 1975 Suzanne has given hundreds of keynote speeches on four continents, has been interviewed by Barbara Walters, a guest on all three national U.S. network morning talk shows and a host of other radio and TV shows.

Her focus, and the focus of the Colorado-based 501c3 nonprofit she founded and directs, Birthing The Future® (BirthingTheFuture.org), is to educate society to the vital importance of this issue and inspire communities to create positive, cost-effective models that will help every mother-baby and families thrive.

## Directions to Hotel Utica

**From the NYS Thruway:** Take Exit 31 (Utica). Follow the ramp around & follow signs for Genesee St. South - Downtown Utica. At the stop sign make a right turn onto Genesee Street. Continue southbound (follow signs for Genesee St.). Turn right onto Lafayette St.

**From the South:** Take Rt. 12 Northbound into Utica onto the Downtown Utica/Rt. 5S/5A exit - stay to the left on the ramp - follow signs for downtown Utica. At the traffic light turn left onto Oriskany St. Continue 0.4 miles to the flashing light at the intersection of Oriskany & Seneca Sts. Turn right onto Seneca St. and you will see the Hotel.

**From the North:** Take Route 12 South to Utica. Exit at Rt. 5S East/ Downtown Utica exit staying in left lane. Merge onto Oriskany Blvd. Continue on for 0.3 miles until you see the flashing light at the corner of Oriskany & Seneca Sts. Turn right onto Seneca St.

## Learn New Evidence & Ancient Wisdom About:

- Labor, birth and the impact on breastfeeding and bonding
- The 1<sup>st</sup> hour after birth and the early postpartum Prenatal/perinatal psychology and health
- Pre-conception, in-womb life, pregnancy and post-birth health
- Sleeping practices and baby wearing that encourage breastfeeding
- Preventing, identifying and healing shock and trauma in the “primal period”
- Environmental issues and “greening” birth
- Creating a sustainable model for community and public health that focuses on the mother-baby
- The role of stress in health and the vital role of human milk in treating shattered immune systems, antibiotic resistant and chronic illnesses and cancer

## Continuing Education Credit

Everyone will receive a certificate of completion. Application for continuing education recognition has been made to:  
International Board of Lactation Consultant Examiners  
DONA International

**In-arms babies are always welcome.  
The room temperature varies.  
Please consider bringing a sweater.**

## Thanks to:

Mohawk Valley Perinatal Network  
Rome Memorial Hospital



The Mohawk Valley Breastfeeding Network is a non-profit organization dedicated to the promotion and support of breastfeeding.