



WELCOME!!!

Baby Palooza

Seminar Times:

10AM **Fit4Mom Exercise Class - FREE Class Center Expo Hall**

10AM **Belly to Baby - 7 Tips for a Healthy Baby.**
Dr. Jennifer Anacker, Anacker Clinic of Chiropractic, P.C.

11AM **By Invitation Only: Who Should You Invite to Your Birth?**
Charlotte Salinas Wilkes CNM, APRN, Boise Womens Health & Birth Center

12PM **Returning to Work! Breastfeeding, Bonding & Losing that Baby Belly.**
Carrie Anstrand, MA, BSN, RN, LCCE, IBCLC, Owner, Simply Birth & Baby

1PM **Keeping Your Baby Safe; ABC'S of Safe Infant Sleep.**
Liz Montgomery Exec Dir & Safe Sleep Educator, Inland Northwest SIDS Foundation, Inc.

2PM **Let's Doula This! What a Doula Will Do for You.**
Marie Bigelow MT, AdvCD(DONA), Treasure Valley Doulas Inc