

Agenda

APRIL 20 | DAY 1



- 11:00** **Registration**
- 12:00** **Welcome**
Christina Windrix, WIC Director
- 12:15** **Connection Codes**
Tera Wages
- 1:15** **Starting Solids in a Baby-Led Way Part 1**
Kary Rappaport and Kim Grenawitzke
- 2:15** **Nutrition Break**
- 2:30** **Starting Solids in a Baby-Led Way Part 2**
Kary Rappaport and Kim Grenawitzke
- 3:30** **Break**
- 3:45** **A Solid Start for ALL Babies: How Baby Self-Feeding Can Change the Game in Infant Feeding Disorders**
Kary Rappaport and Kim Grenawitzke
- 4:45** **Strengthening WIC Families: Free Breastfeeding Support Through OBRC Telehealth, Hotline and Virtual Groups**
Amanda Parsons and Jaclyn Huxford
- 5:15** **Closing Remarks**
Christina Windrix, WIC Director

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APRIL 21 | DAY 2



7:30 **Registration**

8:00 **Welcome**
Why It's Better to Eat Twinkies Together than Broccoli Alone
Chris Zervas

9:00 **Break**

9:15 **Game: Jeopardy**

10:15 **Nutrition Break**

10:30 **Breakout 1**

Nutrition **Nutrition Counseling in the GLP-1 World: A Workshop for Dietitians**
Summer Kessell

Administrative **Empowering Participants Through Our Language: Choosing Words to Connect Us**
Melinda Boyd

11:30 **Lunch (on your own)**

12:45 **Game: Wheel of Fortune**

1:45 **Breakout 2**

Nutrition **Counseling Techniques to Support Breastfeeding Mothers**
Kristina Arrieta

Administrative **Seven Powerful Communication Tips Every Leader Should Know**
Chris Zervas

2:45

Breakout 3

Nutrition

The Words We Use, the Stories We Tell, and the Heroes We Celebrate: Tools for a Healthy Workplace Culture

Chris Zervas

Administrative

Blind Spots: Reducing Stigma to WIC Participants

Melinda Boyd

3:45

Nutrition Break

4:00

TBD

Keith Reed, Commissioner of Health

4:30

Let's Make a WIC Deal

Mendy Spohn, OSDH Deputy Commissioner of Community Health Services

5:00

OSDH Awards

5:30

Closing Remarks

Amy Mauldin, WIC Nutrition Services Manager

Agenda

APRIL 22 | DAY 3



- 7:30** **Registration**
- 8:00** **Welcome**
GLP-1 Medications: Basics, Benefits, and Beyond
Summer Kessell
- 9:00** **Break**
- 9:15** **Inspire Integrity: Chase an Authentic Life**
Corey Ciocchetti
- 10:15** **Nutrition Break**
- 10:30** **Game Show Awards**
- 10:45** **Be a Leader You Would Follow**
Corey Ciocchetti
- 12:00** **Closing Remarks**
Christina Windrix, WIC Director