

Claude Moore Center:

International Cesarean Awareness
Network of Southwestern Virginia
La Leche League
New Life Birth Center
Stefanie Weber Photography
Virginia Chapter of American
College of Nurse-Midwives
Lactation Connection
Doula's of Roanoke Valley/New
River Valley
Jennifer's Cloth Diaper Boutique
Lupus Foundation of Virginia
Roanoke Chapter
Southwest Virginia Perinatal
Council
Better Birth Experiences
Music Together in Roanoke
Usbourne Books
March of Dimes
Carilion Clinic
Lewis Gale Medical Center
Lori Hedrick Photography
Stroller Strides
Our Little Cherubs Boutique
Rockbridge Midwifery Care
B&B Photography
My Gym
The Portobello Road
Towers Family Chiropractic
New Vista Montessori School

Higher Ed Center:

Well Rounded Moms
Arbonne
Urban Cottage



9:15-10:15 Dawn Kubik

Jennifer Williams

Dr. Micheal Burgoon

9:30-10:00 Karen Winstead

10:30-12:30 Birth Panel

11:00-12:00 Hannah Mann
& Emily Friar

Angela Kinzie
& Audrey Guretse
Monica Burgoon

1:00-2:00 Gloria Henson

Naomi Smith

1:30-2:30 Alice Bailes

3:00-4:00 Freeda Cathcart

Becky Mullins

Cindy Beard

Johanna Ferguson

3:15 Awards Ceremony

Avoiding Cesarean Section: One in 3 first time mothers will deliver their baby via cesarean section. Learn how to avoid a c-section and tips to help recover from one. (608)

Breastfeeding Your Baby: Find out why breastmilk is the best food for your baby. Learn the risks of formula feeding. Receive tips on breast feeding your baby. Dispell myths. (611)

Preventive Health Care For Children (613)

Excerpts from the movie Business of Being Born with discussion (212)

Listen and ask questions as others recount their childbearing experiences. (212)

CNMs, CPMs, and Out-of-Hospital Birth: Learn about different types of midwives and the options available for birth outside the hospital (608)

Lamaze, Bradley, and other facts about childbirth education. See what's right for you. (611)

Nutrition Tips for Pregnant Women: Help for growing a healthy baby. (613)

Pumping and Storing Breastmilk: What you should know if you go back to work or school. (611)

Baby slings and carriers: How they work and which one is right for you?(613)

Keynote Address: Midwives, Birth Centers, & Home Birth (212)

Caring for Your Growing Family:

Learn about growth spurts and how to enhance your new baby's development. Learn about local resources to support your family's needs. (602)

Dental care in pregnancy: Your baby's health can be affected by your oral health (608)

Doulas and Birth Plans: Learn about doulas and how to get the childbirth experience you desire (611)

Exercise in Pregnancy: Tips for safety, and getting your body into the best possible shape for an easier birth. 9613)

Join us to celebrate the work of 2 local Childbirth Educators (212)

Keynote Speaker: Alice Bailes is co-owner of BirthCare and Women's Health in Alexandria, VA which was started in 1987 with Marsha Jackson, CNM. She has been a Lamaze childbirth educator since 1971. She graduated from nursing school at George Mason University and then midwifery training at Georgetown University. BirthCare and Women's Health has a history of safe, individualized care in both home and birth center setting. The BirthCare website reads: The success of the last 20 years began with a simple goal: to bring new life into the world while giving families a safe alternative to hospital births. Each and every birth is a celebration. Marsha and Alice have thoroughly enjoyed their work over the past 20 years and hope that the next 20 will bring lots of joy to families giving birth at home and in BirthCare's birth center.

Emily Friar CPM, LM of Rockbridge Midwifery Care is a graduate of the National College of Midwifery. Her clinical experience was obtained at the Northern New Mexico Women's Health and Birth Center in Taos NM. Since 2003, Emily has been serving Buena Vista VA and the surrounding communities as a homebirth midwife. She can be contacted at www.rockbridgemitwifery.com

Karen Winstead, RN, CNM, MSN is a graduate of Frontier School of Nurse-Midwifery and Family Nursing and Case Western Reserve University. She has worked as a staff RN in obstetrics for over 20 years and has spent the last 5 years working towards the establishment of a birth center in Roanoke. She is co-coordinator of the 2009 Birth Expo. She can be contacted through www.newlifebirthcenter.net.

Hannah Mann, RN, CNM, MSN is a graduate of Shenandoah University and has worked in the hospital obstetrical setting as a staff nurse. She is owner of Shiprah Midwifery Services and has over 10 years experience as a homebirth midwife. She can be contacted at 540-989-6592.

Audre Guretse has a B.S. from Virginia Tech in a biology & biotechnology. She is a Provisional Bradley Method® instructor for Roanoke and all surrounding areas. Her classes focus on nutrition, exercises, relaxation techniques, etc. to help avoid c-sections, have a healthy baby & mom and the best birth experience possible. She can be contacted at saferbirths@gmail.com

Jennifer Williams, RN, BSN IBCLC has been practicing for almost 15 years in Franklin County. She is the mother of 4 children and works as a home health nurse at Carilion Franklin Memorial Hospital.

Naomi Smith has a BA from Florida Gulf Coast University in Environmental Studies and the Visual Arts. She is a local La Leche League Leader and stay at home mother of a four year old daughter and a four month old son. Babywearing has been and continues to be her lifesaver, allowing her to try to keep up with life while staying snuggled with her baby!

Dr. Michael Burgoon is a licensed chiropractic physician and graduate of New York Chiropractic College. He is a certified chiropractic extremities practitioner and has done extensive post-graduate study of

scoliosis treatment. As a Fellow of the International Chiropractic Pediatric Association, he treats many pregnant women, infants, and children, and is also certified in the Webster technique for pregnant women with breech birth presentation.

Monica Burgoon has a B.S. in Chemistry-Biology. She is a registered dietitian with a Master's degree in Nutritional Sciences from Cornell University. She provides nutrition assessments and counseling based on lab testing of blood, urine and hair samples.

Cindy Beard is a home school mom to 8 beautiful children, ages 1 to 15. She has a B.S. in Elementary Education from Appalachian State University. Cindy taught middle school in the public school system of SC before becoming a mom. She has been a doula since 2004 and is certified through DONA. She has a passion for helping moms have the birth they want! You can contact her at doulacindy@verizon.net.

Johanna Ferguson is owner of Stroller Strides of the Roanoke Valley. She has a masters in exercise physiology. She works as a personal trainer and group fitness instructor at Gold's Gym North Roanoke and has over 10 years experience in the fitness industry. She loves stroller strides because it blends her passion for fitness with a passion for motherhood – She has a 2 yr old and is expecting her second baby in June.

Dawn Kubik is Leader of ICAN of SW VA, Development Director for ICAN International and 2 time organizer of the All About Birth Expo. She has 3 children, the first 2 born by cesarean and the last a VBA2C. Dawn is a 1994 U.S. Air Force Academy graduate (Bachelor of Science) and holds a Master's of Business from the University of Western Florida. She can be contacted at 890-5502 or at dawnkubik@yahoo.com.

Becky Mullins is a Registered Dental Hygienist with over 30 years experience in practice and teaching adults and children about dental health. She has an interest in public health and volunteers at the Bradley Free Clinic. She works at Mills & Shannon Dentistry where you can contact her 540-989-5700.

Gloria Henson, RN, IBCLC has over 30 years experience as an RN and is a certified lactation consultant helping to coordinate the breastfeeding services at Lewis-Gale Medical Center. She can be contacted at 540-776-4663.

Angela Kinzie is certified by ICEA and Lamaze to teach Childbirth Education. She is also a certified Lactation Specialist. She has over 30 years experience working and currently teaches childbirth classes through Carilion Clinic. Carilion Direct at 266-6000 can provide information regarding class registration.

Freeda Cathcart BA, FLMI was a First Step Parent Educator with CHIP. She was an International Certified Childbirth Educator. She is the Founder of Mothers United for Midwifery and the Consumer Representative on the Advisory Board for Midwifery.