

Registration

Name _____

Address _____

Phone - (home) _____

(work) _____

Email _____

Affiliation _____

Credentials _____

Special Needs _____

Cost

Early Bird Fee (before Feb. 28th) \$100

Regular Fee (after March 1st) \$125

The conference is limited to participants and nursing
"babies in arms."

- No refunds but substitutions can be made
- On-site registration is limited
- Make check or money order payable to:
"Heart & Hands" Doula Service

Mail to: Pat Wolfgang
404 Stanton Ct.
Export, PA 15632

For further information, Jan Mallak can be contacted
at (724) 327-6063 or jmallak@concentric.net

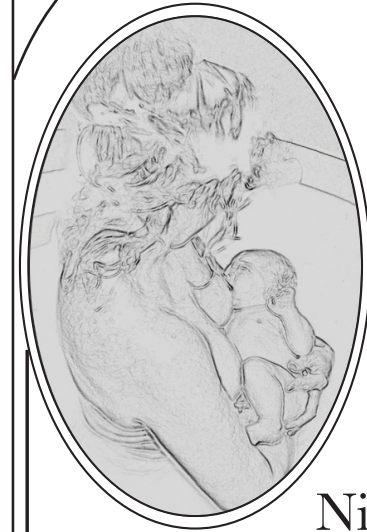
<http://heartandhandsdoula.com/2009>

We reserve the right to cancel if
minimum registration is not met.

Jan S. Mallak
2244 Manordale Drive
Export, PA 15632
<http://heartandhandsdoula.com/2009>



"Heart & Hands"SM
Doula Service



"A DAY WITH
INA MAY"

Ninth Annual FAMILY CENTERED MATERNITY CARE CONFERENCE

Sponsored by
"Heart & Hands"SM Doula Service

Saturday
MARCH 28th, 2009

PPG CHEMICAL CENTER
440 COLLEGE PARK DRIVE
MONROEVILLE, PA 15146

JAN S. MALLAK Conference Coordinator

(724) 327-6063

Goal

“Heart & Hands”SM Doula Service is providing the 9th Annual Family Centered Maternity Care Conference as an opportunity to learn and network. Childbirth educators, doulas, nurses, midwives, doctors and others interested in being in service to childbearing women are encouraged to attend. Our sole presenter will be renowned midwife/author INA MAY GASKIN.

Contact Hours

ICEA has approved this program for 7 contact hours. Lamaze, DONA, CAPPa and other organizations accept these contact hours towards re-certification. (360 total minutes)

Objectives

1. List manual skills that can be used rather than relying on tests and medical interventions.
2. Explain Sphincter Law and its implications for modern day birth.
3. Describe facts and fallacies about the female vagina & its abilities.
4. Discuss implications that most women and some health care providers probably don't know about demand cesareans.
5. Summarize midwifery methods of induction that can safely be used in out-of-hospital settings.

Day's Agenda

Continental Breakfast & Welcome	8:30 – 9:00
“Hands: Our Treasured Tools”	9:00 – 10:00
“Sphincter Law”	10:00 – 11:00
BREAK	11:00 – 11:15
“Forgotten Powers of the Vagina”	11:15 – 12:15
LUNCH	12:15 – 1:15
“Demand Cesareans”	1:15 – 2:45
Break & Book Signing	2:45 – 3:15
“Post-date Inductions”	3:15 – 4:45
Closing & Evaluations	4:45 – 5:00

Directions

PPG Chemical Center
440 College Park Drive
Monroeville, PA 15146

From Turnpike Exit 57 - follow signs to Rt. 22 East (Murrysville). Stay on 22 East until the 3rd traffic light. Turn left (at Levin Furniture Store) onto Elliot and proceed up the hill. The entrance to PPG will be on the left. Park near the main door and enter. A guard will direct you to the conference.

From 376 Parkway East - follow it to the end and take Rt. 22 East (Murrysville). Turn left (at Levin Furniture Store) onto Elliot and proceed up the hill. The entrance to PPG will be on the left. Park near the main door and enter. A guard will direct you to the conference.

ADDITIONAL INFORMATION

Refreshments and a vegetarian-friendly lunch will be provided as well as free parking. The facility will have a special breastfeeding area (for babies in arms) and is handicapped accessible. There will also be exhibitors and door prizes.

LODGING

Radisson Hotel	412/373-7300
Hampton Inn	412/380-4000
Red Roof Inn	412/856-4738