

Join our renowned speakers for an afternoon of quality education at Wollongong Hospital:

Sat 14th Aug 1-4pm,

Auditorium, Level 8, Wollongong Hospital

Medication in pregnancy/ lactation.

Mastitis Case Study

Dr Debra Kennedy, MB,BS, FRACP, Clinical Geneticist (HGSA), Director, MotherSafe. Debra Kennedy trained in Paediatrics and Clinical Genetics in Sydney and Toronto, Canada. She established Mothersafe at RHW in 2000. She is committed to providing evidence-based information and counselling on exposures during pregnancy and breastfeeding to both consumers and health professionals.

Jennifer Pavey, Prenatal Community Midwife SHH (collaborating with GPs and other service providers) Jenny holds Certificate IV in both Breastfeeding Education & Counselling through ABA, and has chaired the Indigenous Women's Working Group in the past. She was a pivotal member of the Illawarra based Working Group, forming breastfeeding policies that became the basis for the current NSW Health Breastfeeding Policy. She has also maintained a leading role in the production and subsequent revisions of the BF leaflets now available on the intra/internet from SESIAHS, and an active member of the merged Area Lactation Group.

Jenny has also co written the Area Mastitis Policy and will present to us an up-to-date case study regarding Mastitis, and be available to answer all of your questions.

Deb Young, Younga Yoga,

Will show us some exercises to loosen up tension for lactating mums who suffer from stiff upper back, neck and shoulders, that are also good for people sitting / working at a desk!