

10:00 AM	WELCOME Fran Ayalasonmayajula, MPH, MSMIS PMP, President, Reach	
10:10 AM	Opening Keynote	21st Century Maternal Healthcare Elena Carrillo AdvCD (DONA), BDT(DONA), LCCE, FACCE, CLC, CLE, President, DONA International
10:40 AM	Body Movement	Gentle Stretches Coach Corley, MyFitScript Mama
10:50 AM	Inspiring Moments	Coming into Balance Jennifer Larrea BSN RN, Postpartum Nurse, Diabetes Advocate, Spanish Birth Educator
11:00 AM	Relatable Moment	<i>Mommy and Me Skin Care</i> <i>Aveeno</i>
11:10 AM	Guest Speaker	What in the Baby?! Mercedes Thomas, CPNP, IBCLC
11:40 AM	Relatable Moment	Finding My Out A.G. Hammond
11:50 AM	Live Performance	Butterfly , A.G. Hammond
11:55 AM	Music / Celebrity Encouragement	
12:00 PM	Relatable Moment	My Journey from Brain Surgery to Baby Danielle Collins
12:10 PM	Mindfulness Moment	Being in a Beautiful State of Motherhood Sri Preethaji, PK Consciousness
12:20 PM	Guest Speaker	Nourishing the Body Part I Amy Valent, MD, maternal-fetal medicine subspecialist and Assistant Professor at Oregon Health and Science University
12:30 PM	Inspiring Moments	Self-Care for Parents Stacey Underwood, Parents & Family Advisory Council, Children's National Hospital
12:40 PM	Trivia	Game On! Zenia Johnson, BehaVR
12:55 PM	Music / Celebrity Encouragement	
1:00 PM	Relatable Moment	Overcoming Medical Adversity Coach Gessie Thompson
1:10 PM	Guest Panel	What's a Maternal Care Team Supposed to Look Like? Panel: Taiwo I. Ajao MPH, BSN RNC-MNN, IBCLC, LCCE CD(DONA); Yolanda Lawson, MD, FACOG, MadeWell Obstetrics & Gynecology; Rolanda Lister, MD, Vanderbilt Medical Center Moderator: Stephanie DeVane Johnson, PhD, CNM, FACNM, Associate Professor in the Midwifery Specialty at Vanderbilt University School of Nursing
1:40 PM	Body Movement	Gentle Stretches Coach Corley, MyFitScript Mama
1:55 PM	Music / Celebrity Encouragement	
2:00 PM	Relatable Moment	<i>Save Your Heart: Heart Health for Mothers</i> <i>Monique Shields</i>
2:10 PM	Guest Panel	<i>Keeping on Point with Your Career</i> <i>Robin Dean, Director of Human Resource, Matthew Walker Comprehensive Health Center</i>
2:40 PM	Nutrition	Nourishing the Body Part 2 Amy Valent, MD, maternal-fetal medicine subspecialist and Assistant Professor at Oregon Health and Science University
2:55 PM	Music / Celebrity Encouragement	
3:00 PM	Relatable Moment	Digital Health Tools for Pregnancy and Postpartum Alana Lerer
3:10 PM	Guest Panel	Mapping a Maternity Plan Moderator: Michelle Gabriel-Caldwell, PhD, CD and CBE, National Black Doula Association; London Lamar, TN State Representative; Wanda Irving, Dr Shalon's Maternal Action Project; Christina J. Wurster, CEO, Society for Maternal-Fetal Medicine
3:40 PM	Music / Celebrity Encouragement	
3:45 PM	Innovation Showcase	Modern Day Boobie Traps: All Pumped Up and What to do When Breastfeeding is a Letdown Lauren Majors, Sonder Health
4:00 PM	Innovation Showcase	Pregnancy and Virtual Reality: How Moms Are Transforming Their Pregnancy Experience Zenia Johnson, NurtureVR
4:15 PM	Innovation Showcase	Courage Kirthika Parmeswaran, Vital Start
4:30 PM	Innovation Showcase	Believe Her Bianca Pryor, Dr. Shalon's Map
4:45 PM	Innovation Showcase	The Lesson all Prenatal Classes Miss Laura Vidal Borrell, Happy Sneeze
5:00 PM	Mindfulness Moment	The Mommy Baby Connection Melinda Dewey, HeartMath
5:10 PM	Guest Panel	Heart Healthiness & Pregnancy Release the Pressure
5:40 PM	Relatable Moment	What Every Mom to be Should Know Moriah Ajala
5:30 PM	THE BIG FINALE - HAPPY MAMA CLOSING KEYNOTE - YOU GOT THIS!	
6:00 PM	Program Concludes	