



Please post/distribute

Postpartum Nutrition & Effects on Breastfeeding Dyad

Elizabeth Bell, MPH, RD, LD, CLC

November 1, 2022

**Louisville Department of Health and Wellness
400 E. Gray Street, Louisville**



This is a **live, in-person meeting and presentation**. Become a KLIC member for 2022-23 at \$25, or pay \$10 for this single session, at www.klicbreastfeeding.org (scroll down the page). If you are already a member, RSVP to Robin Gillespie, KLIC President, at robin.gillespie@louisvilleky.gov. Deadline for payment or RSVP is **October 28**. Please let us know any dietary limitations when you register.

6:00 pm	Gathering and Supper
6:30 pm	KLIC Meeting
7:00—8:00 pm	CE Presentation

By the end of the presentation, the participant will be able to:

1. Explain role of nutrition during the postpartum phase
2. Identify common barriers to adequate nutrition in the postpartum period
3. Understand nutrients of concern in mother's diet while breastfeeding
4. Explain effect of maternal diet on milk composition
5. Identify strategies to improve maternal diet in the postpartum phase

Elizabeth (Elisa) Bell is a Registered Dietitian and Certified Lactation Counselor with a Master's degree in Public Health from Samford University. After a previous career in the culinary arts, she became passionate about improving the lives of others through food and nutrition. Elisa completed her Master's degree in 2015, and obtained her CLC that same year. Elisa is currently working as a clinical nutritionist in outpatient oncology at the Norton Cancer Institute. She works with patients to optimize their diet during cancer treatment and help to improve their quality of life. Her areas of nutrition interest include maternal/infant nutrition, lactation, oncology, integrative and functional nutrition, and public health.

CEUs and CERPs will be provided upon program completion. Contact Kristi Schroeder, KLIC Vice-President, at (502) 785-8916 or kristischroeder29@gmail.com with questions about the program, location or weather/cancellation questions. In the case of severe weather, KLIC reserves the right to postpone and/or cancel the presentation. This presentation is approved by the Kentucky Board of Nursing (KBN) for 1.2 "Contact Hours", provider # 5-0033, expiration date 12-31-23. CERPs have been requested from IBLCE.