

# Unlocking the Mysteries of Human Lactation: Role of prenatal and postpartum weight changes and breastfeeding in postpartum weight retention and child adiposity

Presented by:



**IABLE**

Institute for the Advancement  
of Breastfeeding &  
Lactation Education

with instructor

**Elizabeth Widen PhD, RD**

**Wednesday, April 19, 2023**

**12:00 – 1:00 pm CDT**

**This Lecture will be Conducted Online**

**Reserve Your Seat to Attend Live or Access the Recording  
Recording will be available for 2 weeks**

Register at <https://lacted.org/research202304>

## **Participants Will Be Able to Meet the Following Learning Outcomes:**

- 1) Discuss prenatal and postpartum body composition
- 2) Evaluate maternal and pediatric outcomes of pregnancy weight gain
- 3) Evaluate role of breastfeeding in postpartum weight retention

## **Continuing Education Credits**

**IBCLC:** This course has been allocated 1(L) CERP recognized by IBLCE. Long Term Provider #117-04.

**CME:** The AAFP has reviewed Unlocking the Mysteries of Human Lactation; A Research to Practice Series, and deemed it acceptable for 1 CME AAFP credits. Term of approval is from 08/28/2022 to 08/27/2023. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**CEU:** According to the American Nurses Credentialing Center (ANCC), the continuing education hours approved by the AAFP and AMA PRA Category 1 Credits™ meet the requirement of formally approved continuing education hours and may be used as such for ANCC Certification renewal.  
<https://www.nursingworld.org/certification/faqs/>

**Cancellation Policy: Full refund up to 2 weeks before lecture.  
50% refund for less than 2 weeks before lecture.**

\*This course is beneficial for RNs, APNs, dietitians, physicians, physician assistants, nurse practitioners, speech therapists, occupational therapists, physical therapists, health professional students and others who provide clinical lactation support.

# Event Details

## **Schedule**

The lecture will be held from 12:00 – 1:00pm CDT on Wednesday, April 19<sup>th</sup>, 2023.

You will be able to log into the webinar beginning at 11:50am. We plan to start promptly at 12:00pm.

## **Webinar**

The lecture will be conducted online. You will receive an invitation with a link and instructions upon registration and a reminder email about a week before the lecture.

## **Instructor**

Elizabeth Widen PhD, RD

If you have any questions, please [contact us via our website](#).