**Healthy Births Through Healthy Communities Symposium:**

**Investing in Your Health!**

**Tuesday, June 22, 2010**

8:00am—4:30pm

**St. Anne’s Conference Center**

**Foundation Room**

155 N. Occidental Blvd.

Los Angeles, CA 90026

Supported by First 5 LA, as part of HBI

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### Agenda

<table>
<thead>
<tr>
<th>Time</th>
<th>Presentation Title</th>
<th>Speakers/Moderator</th>
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<tbody>
<tr>
<td>7:30-8:00 am</td>
<td>BREAKFAST, REGISTRATION &amp; NEWSLETTER SET-UP</td>
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<tr>
<td>8:00-8:15 am</td>
<td>Welcome</td>
<td>First 5 LA Commission</td>
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<tr>
<td>8:15-8:25 am</td>
<td>Symposium Overview</td>
<td>M. Lynn Yonekura, MD Janice French, CNM, MS</td>
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<tr>
<td>8:25-9:15 am</td>
<td>Healthy Births Initiative: Celebrating Success and Policy Update</td>
<td>M. Lynn Yonekura, MD Janice French, CNM, MS Tonya Gorham, MSW</td>
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<td>9:15-10:15 am</td>
<td>Investing in Your Health Session 1: Family Planning</td>
<td>Melissa Natavio, MD</td>
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<td>10:15-10:30 am</td>
<td>BREAK, Gallery Walk, Resource and Vendor Table, Networking</td>
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<td>10:30-11:00 am</td>
<td>Panel Discussion: Stories of the Heart</td>
<td>Donna Ayala-Escalante, EdD, MSEd</td>
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<td>11:00-12:00 pm</td>
<td>Investing in Your Health Session 2: Eat What You Love, Love What You Eat!</td>
<td>Michelle May, MD</td>
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<td>12:00-12:45 pm</td>
<td>MINDFUL EATING LUNCH</td>
<td>Michelle May, MD</td>
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<td>12:45-1:00 pm</td>
<td>Exercise Break</td>
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<tr>
<td>1:00-2:30 pm</td>
<td>Investing in Your Health Session 3: Emotional Well Being - Stress and Anger Management</td>
<td>Fatima Bustos-Choy, PhD</td>
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<td>2:30-3:30 pm</td>
<td>Investing in Your Health Session 4: Emotional Well Being - Setting Professional Boundaries</td>
<td>Barbara Stroud, PhD</td>
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<td>3:30-3:45 pm</td>
<td>BREAK, Gallery Walk, Resource Table, Networking</td>
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<td>3:45-4:15 pm</td>
<td>Investing in You: A Wellness Prescription</td>
<td>Kaya Tith, MSPH</td>
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<td>4:15-4:30 pm</td>
<td>Closing Remarks</td>
<td>M. Lynn Yonekura, MD</td>
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As of 5/27/2010

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Help Us Celebrate the Successes of the Healthy Births Initiative

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LA BEST BABIES NETWORK

Healthy Babies. Our Future.
For Nurses: The Perinatal Advisory Council – Leadership, Advocacy and Consultation (PAC/LAC) is an approved provider by the California Board of Registered Nursing Provider Number CEP 5862. This course is approved for 8.25 contact hours of continuing education credit.

For Certified Health Education Specialists: The National Commission for Health Education Credentialing, Inc. designates HEA as a provider of continuing education contact hours (CECH) in health education. This event qualifies Certified Health Education Specialists (CHES) for up to 6.5 Continuing Education Contact Hours (CECH).

Meeting Objectives

Acknowled and celebrate the accomplishments of the Healthy Births Initiative:
- Describe Healthy Births Initiative (HBI).
- Identify and outline accomplishments of HBI.
- Celebrate the accomplishments of HBI.

Build and Strengthen Relationships:
- Connect local resources supporting healthy living with HBI Collaboratives.
- Support a learning and networking environment for participants.

Recognize the importance of personal health and wellness:
- Identify strategies to address healthy lifestyles and emotional well being.
- Outline strategies to promote healthy lifestyles and emotional well being among clients.
- Develop personal wellness prescription to support healthy living.

Important Information

Special Needs
Please contact Lorena Wagner at LA Best Babies Network, by phone: 213-250-7273 at extension 112 or e-mail, lwagner@labestbabies.org, to let us know if you have any special needs to make your participation more enjoyable.

Registration is FREE
Submit Registration form at: http://www.labestbabies.org/Registration/reg_home.htm
OR Print filled out form and fax to: (213) 250-7212

Material Supplied
We will provide conference materials, a continental breakfast, and lunch.

Who Should Attend?
Members of the:
Healthy Births Care Quality Collaborative,
Best Babies Collaboratives,
Healthy Births Learning Collaboratives, Policy Partners,
Case Managers, Physicians, Midwives,
Physician Assistants, Nurses,
Administrative Staff, CPHWs, Health Educators, Dieticians, Social Workers,
Medical Assistants and Policy Advocates.

Continuing Education