

# 2024 ANNUAL CONFERENCE

# Breastfeeding

**WED. APRIL 24TH**  
9:00 AM - 12:30 PM

**Utica Public Library**  
303 Genesee St  
Utica, NY, 13501

## Speakers

Andrea O' Brien, MS OTR/L  
Joan Gallimo, RN, BSN

**A Collaborative Approach to  
Supporting Infants with  
Tethered Oral Tissues**

.....

**Breastmilk Expression in the  
Workplace- \*New Legislation\***

**REGISTER NOW**

**WWW.TINYURL.COM/MVBN  
-CONFERENCE-2024**



# Mohawk Valley Breastfeeding Network

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Join Us

WED. APRIL 24TH

9:00 AM - 12:30 PM

9:00-9:30AM

REGISTRATION & BREAKFAST

9:30-11:00AM

Andrea O' Brien, MS OTR/L

**A Collaborative Approach to Supporting Infants with Tethered Oral Tissues**

11:00-11:15AM

Break- Messages from local agencies

11:15-12:15PM

Joan Gallimo, RN, BSN

**Expressing Breastmilk in the Workplace- New Legislation**

12:15-12:30PM

Final Remarks- Announcements

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**Utica, NY, 13501**

REGISTER NOW

[WWW.TINYURL.COM/MVBN-CONFERENCE-2024](http://WWW.TINYURL.COM/MVBN-CONFERENCE-2024)



[WWW.MVBREASTFEEDINGNETWORK.COM](http://WWW.MVBREASTFEEDINGNETWORK.COM)



**MOHAWK VALLEY**  
*Breastfeeding Network*

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## Meet Our Speakers

Andrea O'Brien is an Occupational Therapist specializing in Craniosacral Therapy and Life Management. She is the owner and operator at O' Brien Wellness in Utica, NY. Andrea graduated from Utica College(University) in 2010 with her Master's in Occupational Therapy and is Board Certified by NBCOT. Andrea's passion for myofunctional therapy came after continuous dismissal from medical providers regarding her own child's mouth breathing and dental concerns. Ever since she has been an avid learner, and has advanced training as a feeding specialist, in the TummyTime Method, Orofacial Myofunctional Therapy, Tethered Oral Tissues (TOT's), Primitave Reflex Integration, Health & Wellness Coaching and more! Andrea bridges her experience with the latest research to provide evidence-based practices to her clients to optimize function

### Andrea O' Brien

**A Collaborative Approach to Supporting Infants with Tethered Oral Tissues (TOT's)**



Joan Gallimo is currently the Perinatal Health Education Specialist for the Mohawk Valley Perinatal Network at The Neighborhood Center, Utica, NY. Her nursing career has been devoted to educating pregnant, parenting women and families about their health and well being. For over 15 years, she coordinated a NYS funded program designed to assist women with securing financial support for the pregnancy, providing education to assure a healthy birth outcome, breastfeeding, newborn care and mental health monitoring throughout the Postpartum phase. Joan has had vast experience in providing prenatal, postpartum, breastfeeding, newborn care and teaching within a hospital and home care setting. She has participated on numerous boards and coalitions dedicated to the same mission.

### Joan Gallimo

**Breastmilk Expression in the Workplace - \*New Legislation\***

REGISTER NOW AT [MVBREASTFEEDINGNETWORK.COM](http://MVBREASTFEEDINGNETWORK.COM)



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### Guest Speakers

**Andrea O' Brien** A Collaborative Approach to Supporting Infants with Tethered Oral Tissues (TOT's)

**Joan Gallimo** Breastmilk Expression in the Workplace -  
\*New Legislation\*



## Registration Form

1. Please make checks payable to Mohawk Valley Breastfeeding Network.
2. You may email your registration form ahead of your payment to the.ceelys@gmail.com to reserve your spot.

**Please Mail Payments to:**  
Mohawk Valley Breastfeeding Network,  
c/o Christine Ceely,  
2 Furnace St. Clinton, NY 13323

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Agency: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Postal Code: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Payment Enclosed

Payment will be sent SEPARATELY

*\*Please make note that there are no refunds, but you may send a replacement attendee if the original registrant can not attend.*