

October 26-28, 2022

Holiday Inn Executive Center

2200 Interstate 70 Dr SW

Columbia, MO 65203



The Missouri WIC Association and Missouri DHSS WIC

Program welcome you to the joint conference this week. We greatly appreciate all that you do for the families that you serve, and are

*certain that this week will provide fun,
knowledge, and motivation to continue what you do daily. We hope
you enjoy the collaboration of speakers and topics, and are hopeful
that what you learn will inspire you to do*

“WIC a New Way”.



Hotel/Conference Information

HOTEL CHECK-IN/OUT

Check In: 4:00pm

Check Out: 11:00am

**Baggage Check available at hotel

PARKING

Free Parking on site

LACTATION ROOM

The lactation room will be in the Polo Room.

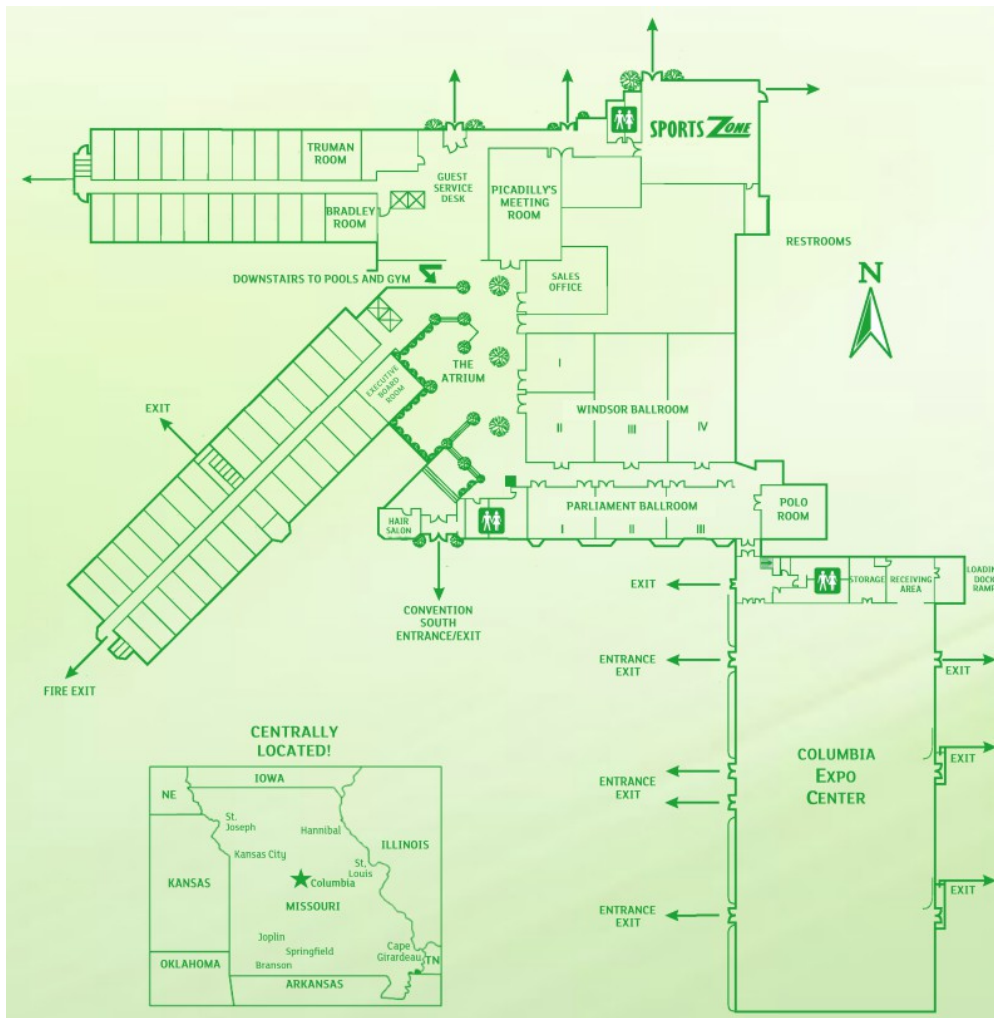
EXHIBIT HALL

Exhibitors will be set up in Expo Center

DINING

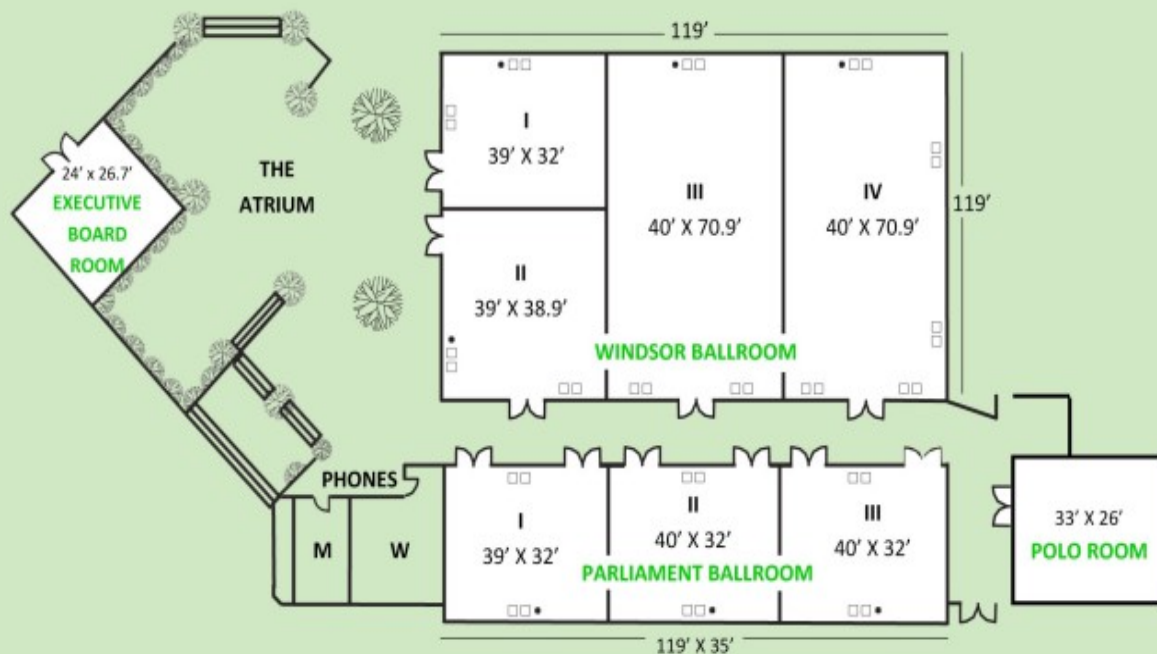
Breakfasts and Networking breaks will be in the Expo Center.

Please see agenda for times of service.

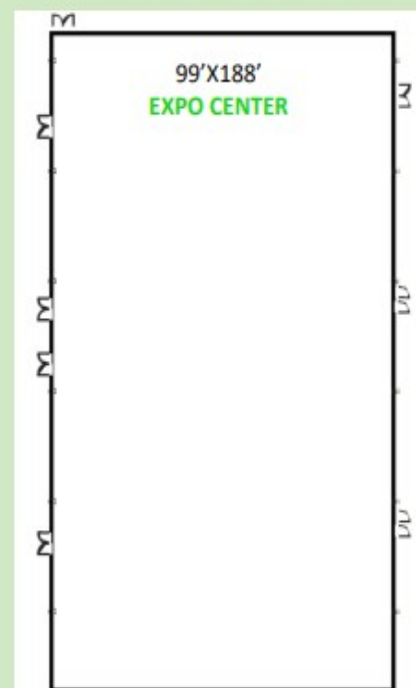


CONVENTION & MEETING ROOM FACILITIES

The Holiday Inn Executive Center was built and designed to meet your meeting and conference needs, however big or small!



CONNECTED BY BREEZEWAY TO
THE HOLIDAY INN EXECUTIVE CENTER



Missouri WIC Conference Agenda

Wednesday, October 26, 2022

8:00 – 12:00	Registration Opens: Atrium Lobby
10:00	Exhibits Opening: Expo Center
12:45	Introductions
1:00 – 3:00	General Session: Windsor Ballroom
	Opening Plenary –Craig Zablocki <i>Be All In: Getting to 100%</i>
3:00 – 3:45	Networking Break: Sponsored by Hygeia & General Mills, Expo Center
3:45 – 4:45	General Session: Windsor Ballroom
	Up in Smoke-Using Evidence to Inform Our Practice with Cannabis and Human Milk Feeding - Laurel Wilson
4:45- 5:15	NWA Legislative Update
	Dinner on Your Own

Thursday, October 27, 2022

7:30 – 8:30	Continental Breakfast: Expo Center		
8:30 – 10:00	Nutrition: Windsor I & II	General: Windsor III	Breastfeeding: Windsor IV
	Intelligence of Fun Craig Zablocki	Success in Early Postpartum Laurel Wilson	
10:00 – 10:30	Networking Break: Sponsored by Home State Health, Expo Center		
10:30 – 11:45	Nutrition: Windsor I & II	General: Windsor III	Breastfeeding: Windsor IV
	Mindful Eating Jennifer McDaniel	E-Cigarettes/Vaping Mardi Smith	Is Fem Tech our Friend? Laurel Wilson
11:45 – 1:30 p.m.	Lunch on Your Own- Exhibits Close at 1:00		
1:30 – 2:45	Nutrition: Windsor I & II	General: Windsor III	Breastfeeding: Windsor IV
	Picky Eating (Virtual) Judy Delaware	Maximizing the MO WIC Experience Madison Eacret Dan Ferris	Can Baby be Allergic to Breastmilk? Laurel Wilson
2:45 – 3:30	Networking Break: Sponsored by Star Medical, Expo Center		
3:30 – 4:45	Nutrition: Windsor I & II	General: Windsor III	Breastfeeding: Windsor IV

			<i>IV</i>
	<i>Gut Health</i> <i>Jennifer McDaniel</i>	<i>Addressing Disparities in Sudden Unexpected Infant Death</i> <i>Dr. Eve Colson</i>	<i>Science of Mother/Baby Bond</i> <i>Laurel Wilson</i>
	<i>Dinner on Your Own</i>		

Friday, October 28, 2022

<i>7:30 – 8:30</i>	<i>Breakfast Buffet: Expo Center</i>
<i>8:30 – 10:00</i>	<i>Missouri WIC Town Hall: Expo Center</i>
<i>10:00 – 10:15</i>	<i>Stretch Break</i>
	<i>General Session: Expo Center</i>
<i>10:15 – 11:30</i>	<i>Closing Plenary – Kay Frances</i> <i>The Funny Thing About Stress</i>
<i>11:30 – 12:00</i>	<i>Closing Activities & Raffles: Expo Center</i>

Session Descriptions:

Wednesday, October 26

1:00-3:00

Be All In: Getting to 100%!

Craig Zablocki

We hear it all the time... Your organization could use – More energy – More support – Higher creativity – More direct communication – A spirit of collaboration.

The world class organizations that are thriving develop a culture where people have a sense of ownership, some 'skin in the game', accountability, and engagement. A culture where people know WHY they do what they do. Once we experience 'being all in', going back to mediocrity just doesn't satisfy. You don't need a study to show you that when you are honestly out of your way – not sabotaging your efforts, not hiding from your potency, not making excuses and lies about your ability – that you, just as you are, are capable of 100%.

3:45-4:45

Up in Smoke-Using Evidence to Inform Our Practice with Cannabis and Human Milk Feeding
Laurel Wilson

As the use of cannabis increases, the concern for families has expanded. Many countries and states have recently legalized or decriminalized the consumption of cannabis. This trend has led to more healthcare professionals being faced with the question, "Is it safe to use cannabis during lactation?" The answers given vary widely and this is due largely to the myth, bias, and poorly

conducted research. Differing recommendations lead healthcare professionals to scratch their heads and face the knowledge that they just don't know what to say to families. Additionally, there are reports of social services removing babies from homes due to parental cannabis use while breast/chest feeding. The human endocannabinoid system interacts with cannabis chemicals and baby's short- and long-term health when cannabis is used during lactation. This presentation looks at the most recent research, policies.

Thursday, October 27

8:30-10:00

The Intelligence of Fun

Craig Zablocki

People have different ideas about what "fun" is. Yet, all organizations know that feeling part of a team is fun. A state of openness and connection is fun, whether you are an introvert or extrovert, the program administrator, or staff worker. Everyone loves the "Aha" moments when solutions to problems come into view. *The Intelligence of Fun* unlocks the keys to seeing solutions to problems as fun – being solution-minded and not problem-focused, and it builds resiliency and yes – joy at work.

Expect to leave this program with an understanding of "where you hold back", and simple tools to make a bigger positive difference in your health care setting and beyond! It's been proven that a positive work culture – increases greater staff retention, productivity, motivation, creativity, and new learning. It affects everything...from a spirit of collaboration to your bottom line!

Success in Early Postpartum: Causes and Current Evidence Based Practices for Sore

Nipples, Thrush, Edema, Engorgement, Mastitis and Plugged Ducts

Laurel Wilson

Research shows that many mothers are afraid of experiencing pain in breastfeeding due to two common challenges, sore nipples, and engorgement. Even more concerning is the fact that many women shorten their duration of breastfeeding due to these common issues. In fact, some practitioners still believe (and counsel new moms) that sore nipples and engorgement are a normal part of breastfeeding. Many women also experience early lactation challenges due to plugged ducts, mastitis, and thrush. Current strategies to minimize the risk, as well as manage treatment are not grounded in current evidence. Discover what the latest meta-analysis and research says about how to prevent and treat these early breastfeeding issues and begin to implement practices that really work to keep the motherbaby dyad breastfeeding longer and more comfortably.

10:30-11:45

Mindful Eating in a Multi-tasking World

Jennifer McDaniel

Did you know that you make over 200 food decisions a day? Find out how your environment, friends, and family invisibly impact your everyday choices. In a world that applauds productivity and multitasking, how does slowing down and becoming a mindful eater benefit your health? In this seminar you will learn what mindful eating is, how it's different and similar to intuitive eating, learn about evidence-based connections between health and mindful eating, and get the chance to practice mindful eating yourself!

E Cigarettes/Vaping

Mardi Smith

In this session, participants will learn about the health dangers of using electronic cigarettes and secondhand vape exposure during pregnancy on both women and their developing babies. The prevalence of use, resources to educate women and families on the harms of vaping and how to talk to kids about electronic cigarettes, as well as resources to help women quit will be shared

Is Fem Tech Our Friend? The Fabulous and the Frightening Significance in Lactation

Laurel Wilson

With the rise of the digital era, it was only a matter of time before technology would place a strategic eye on women/people with breasts and uteri. FemTech means anything and everything that involves the technology, diagnostics, software, and services involving menstruation, fertility, adoption, pregnancy, or women's health. The industry is approaching a \$100 Billion market per year. This exploding area of digitized health support has many celebrating, however, just as many people worry about issues such as privacy and surveillance. There are also more profound questions involving intersectionality, equitable access, and exploitation of segments of the population that FemTech can take advantage of or leave out altogether. Join Laurel Wilson, activist, and avid research reviewer, on this journey through some of the current lactation and perinatal FemTech available, and implications in the world of lactation.

1:30-2:45

Helping Your Child with Picky Eating

Judy Delaware

This presentation will focus on practical tips and family strategies to empower parents and caregivers to help where it's needed most-in the home to guide and understand eating challenges. This presentation will allow for Q & A's, so please bring your questions.

Maximizing the Missouri WIC Experience

Madison Eacret

Dan Feris

To better understand the benefits and barriers to WIC participation in Missouri, Operation Food Search (OFS) embarked on a multiyear research study, designed to identify what is working well with WIC and where pain points exist that impede WIC satisfaction and utilization. The goal is to increase overall utilization of WIC in Missouri, with special emphasis on the one to four population, that is likely to maintain benefits. In this presentation we will discuss our research process, findings, potential solutions, and next steps to create a program that works better for everyone.

Can Baby be Allergic to Human Milk: Sensitivities, Allergies, Galactosemia, and Lactose intolerance

Laurel Wilson

Lactation professionals often hear from their clients that their human milk fed babies have been diagnosed as lactose intolerance. This lack of understanding regarding types of lactose intolerance and potential issues with human milk involving the newborn gut often led to a cessation of breast/chest feeding. This session will cover the three main types of lactose intolerance, as well as galactosemia. Maternal gut damage and protein sensitivity and how that can impact the breast/chestfed baby will also be addressed. Attendees will also learn about the most common foods that cause food sensitivity and allergy and what referrals are best made with these issues.

3:30-4:45

Gut Health

Jennifer McDaniel

In this seminar, Registered Dietitian, Jennifer McDaniel will discuss the role of the gut in health, the expansion of both gut-health related diseases as well as gut-health promoting products.

Participants will better understand the evolution of the microbiome and what supports and sabotages health. In addition, a discussion on pre/probiotics will help dietitians better understand how to make evidence-based recommendations to their clients.

Addressing Disparities in Sudden Unexpected Infant Death

Dr. Eve Colson

In this presentation, the speaker will discuss SUID, interventions to address SUID, and the impact of these interventions on addressing disparities and promoting health equity.

Science of Mother/Baby Bond

Laurel Wilson

Attachment begins during pregnancy, not in the moments, weeks, and years post birth. This attachment, the motherbaby bond, is forged through an awareness of the biological and emotional connection between mother and child from the very earliest moments of conception. The internal world of the mother and child is now known to be a strong influence in the behavior, health, and personality of a child. This crucial prenatal period is impacted by emotional and nutritional experience of the mother and has a lot to do with who babies turn out to be. The prenatal attachment that occurs, regardless of a mother's conscious awareness, is changing the brain development, personality, and genetic expression of her baby. At no other time in their child's life do parents influence who that child will be, both emotionally and physically, than during the 0-3 period of life. We now know that prenatal chronic stress leads to babies who cry more, sleep less and are anxious. A mother's thoughts create chemical signals that literally form her baby's brain and lead to a happy or anxious child. Mothers have the ability to influence healthy brain and genetic expression during pregnancy through the motherbaby bond. This presentation discusses epigenetics, brain development, molecular messaging between mother and baby, and the impact of stress on the baby's future health.

Friday, October 28

8:30- 10:00

Town Hall Meeting

10:30-11:45

The Funny Thing About Stress

Kay Frances

We all know that we should manage our stress for peak performance in all areas of our lives, but we don't necessarily know why or how. It's Kay Frances to the STRESS-cue! She literally wrote the book on stress! In this motivational and hilarious presentation, Kay offers a healthy dose of laughter that is just what the doctor ordered for your well-being! With this energetic, upbeat presentation, you'll laugh while you learn without straining your brain.

"The key to stress management is to minimize our concern and worry over things that are out of our control." Kay Frances, MBA, BS, CSP

Stress is not something that we can or should eradicate from our lives. If we care about anything at all, we are going to experience some stress, anxiety, frustration, fear, and other so-called negative emotions. The key is to recognize negativity when it arises and make the conscious choice to turn it around.

In our frenzied world, we need to be reminded of the importance of managing our stress, keeping a sense of humor, and maintaining a positive attitude for peak performance and success in all areas of our lives. The so called "little things" in life can become cumulative if we don't stop them in their tracks. We need to manage our stress before it manages us!

Speaker Biographies

Craig Zablocki

Since 1992, Craig has profoundly impacted over 1 million people, taught authentic communication to cops and gang members, surgeons and school superintendents, lawyers, and realtors. Craig has brought his *Intelligence of Fun* to sales executives, child-abuse-prevention specialists, farmers, New York executives, and hospice workers. He has championed university professors, federal prison workers, mental health specialists and the armed forces, by bringing his lion-hearted passion for sharing radical leadership, a collaborative spirit, and for finding one's authentic voice, mission, and joy! He unravels us from our habitual ways of being and from the social conditioning that keeps us stuck; and he does it with humor and heart. Craig offers a compassionate perspective to groups dealing with intense adversity, from post-combat soldiers to 911 victims to domestic violence and victim advocates. (First outside speaker to address Columbine HS students and staff after the tragedy). As a single dad raising a young son, Craig climbed mountains with his son on his back, joined knitting circles with the playpen at his feet, and improvised bedtime stories and songs that still show up nearly 20 years later. Craig sees kids as his best teachers. Here's how his son describes his dad today: *"My dad is a playful, funny guy with a generous heart who can't admit defeat when I take him to the hoop, and I'm weary of sharing my burger, because his bites are massive..."*

Laurel Wilson IBCLC, RLC, BSc, CLE, CCCE, CLD

Laurel Wilson is an author, international keynote speaker, pregnancy and lactation specialist. She served as the Executive Director of Lactation Programs for CAPPA, the Childbirth and Postpartum Professional Association for 16 years and now is on the Senior Advisor Board. She served on the Board of Directors for the United States Breastfeeding Committee from 2016-2019 and currently serves as an Advisor for InJoy Health and is on the board for Kindred Media and the Colorado Breastfeeding Coalition. She owns MotherJourney, focusing on training perinatal professionals on integrative and holistic information regarding pregnancy, childbirth, and breastfeeding. She has her degree in Maternal Child Health: Lactation Consulting and is an international board-certified lactation consultant. Wilson is the co-author of two books, *The Attachment Pregnancy* and *The Greatest Pregnancy Ever* and contributing author to *Round Circle: Doulas Talk About Themselves*. She loves to blend today's recent scientific findings with the mind/body/spirit wisdom. Laurel has been joyfully married to her husband for almost three decades and has two wonderful grown sons, whose difficult births led her on a path towards helping emerging families create positive experiences. Laurel spends her free time reading piles of research, hiking in the mountains with her dogs, kayaking, and cooking. She believes that the journey into parenthood is a life-changing rite of passage that should be deeply honored and celebrated.

Jennifer McDaniel, MS, RDN, CSSD, LD

Jennifer is the owner and founder of McDaniel Nutrition Therapy and is the visionary for the direction of McDaniel Nutrition's evidence-based services. She is a nationally recognized media spokesperson and co-author of the *Mediterranean Table Cookbook*. For each client we work with, our goal is to provide them with evidence-based, credible, up-to-date nutrition advice with a personalized and genuine approach.

We go through rigorous training to become Registered Dietitians, earning a B.S. in Nutrition & Dietetics, and M.S. in Nutrition. Our education and countless hours of experience have been priceless in giving us the solid foundation we need to face the abundance of misinformation in nutrition my clients are faced with daily. We would love to break you free from the roadblocks that are holding you back from achieving your goals.

Mardi Smith BSN, RN

Mardi Smith is a graduate of the University of Missouri-Columbia where she received her Bachelor of Science degree in Nursing. She is a registered nurse with 27 years of nursing experience including direct patient care, leadership, nursing education, and health and wellness. Her past areas of clinical focus included women's services and postpartum care. In recent years she was a nurse care manager for a Primary and Behavioral Health Care Integration grant and Employee Health and Wellness Coordinator for a national behavioral health organization. She is a past master trainer for the Chronic Disease and Diabetes Self-Management Programs. She has received Tobacco Treatment specialist training from both the Mayo Clinic and Rutgers-Tobacco Dependence Program. She is a current instructor for Adult and Youth Mental Health First Aid and QPR (Suicide Prevention Training). Mardi recently joined the Missouri Department of Health and Senior Services, Tobacco Prevention, and Control Program as a Health Systems Change Specialist.

Judy Delaware OTR/L, CLC

Judy Delaware OTR/L, CLC is an Occupational Therapist and Feeding Specialist who has been providing home-based feeding therapy for infants and toddlers for almost 20 years in her private practice, Positive Therapeutic Beginnings LLC. She helps her clients with medical and developmental challenges that affect feeding in the Boulder, Colorado area. A mother of two, Judy has over 39 years of experience combining practical parenting with a sensory, oral-motor, and developmental expertise. She loves skiing, hiking, traveling, and spending time with her family (including her whippets)!

Eve Colson, MD, MPHE

Principal Investigator, Washington University School of Medicine in St. Louis, Dr. Eve Colson, MD, MPHE is a primary care pediatrician with a special interest in well newborn care. Dr. Colson served as Director of the well newborn nursery at Yale-New Haven Hospital, in New Haven, Connecticut for almost 10 years. In that role, she oversaw clinical operations of the unit, cared for thousands of families and their newborns, and taught hundreds of trainees about family-centered and newborn care. Dr. Colson currently serves as Professor of Pediatrics and Associate Dean for program evaluation and continuous quality in education at Washington University School of Medicine. She has successfully held leadership roles in various settings including Medical Director of an inpatient hospital unit, in medical education administration, and as Principal Investigator on many grants. Dr. Colson has had consecutive years of funding from NIH to conduct studies to better understand and to change health-related behaviors that impact infant mortality, disparities, and health equity.

Madison Eacret

Prior to joining Operation Food Search, Madison was a research assistant with Harvard University's Department of Sociology, studying retirement policies at colleges and universities across the country. Her background includes experience as a legislative session aide to a state senator and as a research intern at Hunger Impact Partners, where she managed an app for kids to locate free summer meals and assisted in the development of a scholarship program to reduce the stigma of teens accessing free and reduced-price meals. As the Coordinator of Public Policy, Madison works with OFS's Public Policy team and community stakeholders to ensure the successful implementation of projects, and she supports advancement of the organization's policy agenda through research and communications. Madison's work on WIC research at OFS includes conducting one-on-one interviews with participants, researching WIC policies, working with the Social Policy Institute at Washington University to create a state-wide survey, and develop reports to inform next steps and recommendations.

Dan Ferris

As the Assistant Dean for Policy Initiatives at the Brown School, Dan is responsible for the Master of Social Policy program and supports student-learning opportunities through a range of offerings including legislative internship programs. He currently leads policy training and education initiatives for the Social Policy institute at Washington University, including the Graduate Policy Scholars program and a multiyear data science for social impact program partnership with Mastercard Center for Inclusive Growth. He also is an investigator on multiple food insecurity research projects and grants involving school meals, WIC, and “food is medicine” interventions supporting maternal health and birth outcomes. Area of expertise as related to the topic of presentation: Dan Ferris completed his PhD in Public and Social Policy and studies focused on policy participation and impacts, particularly around food security and Federal Nutrition Assistance Programs in the United States. He is currently engaged in multiple research efforts around food insecurity in St. Louis and Missouri and leads a variety of courses and trainings in policy engagement and analysis.

Kay Frances

Motivational Humorist and Author, Kay Frances MBA, has shared her message to “lighten up, stress less and take care of ourselves” in 49 States and Canada for over 30 years. She holds a master’s degree in Business Administration and a degree in Health and Education. Kay is the author of “The Funny Thing about Stress; A Seriously Humorous Guide to a Happier Life.” When it comes to humor, Kay is the “real deal” having performed as a professional standup comedian for many years and appearing on a number of national television and radio programs including Lifetime Cable’s “Girls Night Out” and NBC’s “America’s Funniest People”. She also lived and performed in New York City where she appeared at the nation’s top comedy clubs such as “The Improvisation” and “Catch a Rising Star.” Kay Frances combines her years of standup comedy, her education, and her passion for her message to offer a unique skill set not often found in one speaker. It’s clean, relatable humor-with-a-message at its funniest! Your stress level will thank you!

Thank you to the Conference Planning Committee and MWA Board Members

Conference Planning Committee:

Rose Sipakati- State Agency

Angela Oesterly- State Agency

Lisa Schlientz- State Agency

Stephanie Pruess- State Agency

D'Anne Ward- State Agency

Debra Cullum- Adair County WIC

Joan Brundage- Schuyler County WIC

Tammy Drake- Taney County WIC

Cate Reando- St. François County WIC

LaKeisha Davis- Swope Health Center WIC

Pamela Husby- Hickory County WIC

Courtney Roth- St. Francois County WIC

MWA Board Members

Joan Brundage- President – Schuyler County

Cate Reando- President Elect – St. Francois County

Heidi Loecke- Vice President – Platte County

Deb Cullum- Treasurer – Adair County

Tammy Drake- Secretary – Taney County

Tracy Williams- East District Rep – Jefferson/Franklin Counties

Megan Hickey- East District Rep – St. Charles County

Jenny Cummings- Northeast Rep – Randolph County

Derek Nelson- Central District Rep – Moniteau/Miller Counties

Mary Ellison- Southwest Rep – Taney County

Lori Bunton- Northwest Rep – Swope Health Services

Carleen Williams- Southeast Rep – Texas Pemiscot County

Alica White- Southeast Rep – Madison County

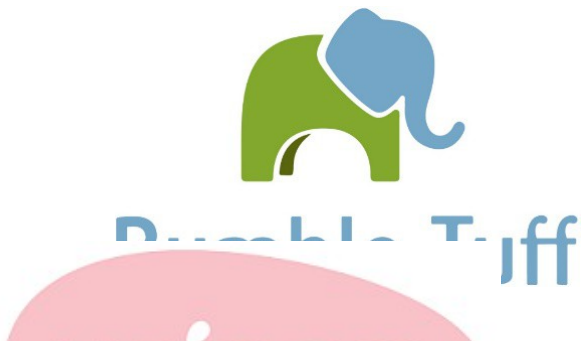
MWA Committee Members

LaKeisha Davis – Swope Health Services

Rhonda Breitenbecher – Johnson County

Cheryl Nelson – Texas County

Thank you Sponsors and Exhibitors!





Healthy Blue



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University of Missouri



Gerber



Certificate of Attendance

2022 Missouri WIC Conference and Training

October 26-28, 2022

Columbia, MO

Attendee Name: _____

Check all Sessions Attended:

Date/Time	Session Title	CEUs	CERPS
Wed., October 26			
3:45pm – 4:45pm	<ul style="list-style-type: none">○ <i>Up In Smoke-Using evidence to inform our practice with cannabis and human milk feeding-</i> Laurel Wilson	1.0	1.0 -RCERP
Thurs, October 27			
8:30am – 10:00am	<ul style="list-style-type: none">○ <i>Success in Early Postpartum</i> - Laurel Wilson	1.5	1.5 -LCERP
10:30am – 11:45	<ul style="list-style-type: none">○ <i>Mindful Eating-</i> McDaniel Nutrition○ <i>Is Fem Tech Our Friend</i> Laurel Wilson	1.25 1.25	 1.25- RCERP
1:30pm – 2:45pm	<ul style="list-style-type: none">○ <i>Helping Your Child with Picky Eating</i> Judy Delaware○ <i>Can a Baby Be Allergic to Human Milk?</i> Laurel Wilson	1.25 1.25	 1.25- RCERP
3:30pm – 4:45pm	<ul style="list-style-type: none">○ <i>Gut Health</i> McDaniel Nutrition○ <i>Science of the mother/baby bond</i> Laurel Wilson	1.25 1.25	 1.25 -LCERP
	Total Number of Contact Hours		

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CERPs allocated by IBCLC IBCLCE Verification Number: C2022186

Awarded: 2.75 L-CERPs, 0 E-CERPs, 3.5 R-CERPs Provider Name: Missouri WIC

Angela Oesterly,

Angela Oesterly, M. Ed.

Chief, Bureau of WIC & Nutrition Services
Missouri Department of Health and Senior Services

Joan Brundage

Joan Brundage, BSN, RN

Missouri WIC Association - President
Schuyler County Health Department



Continuing Professional Education Certificate of Attendance
- Attendee Copy-

Participant Name: _____

Registration Number: _____ Provider Code: GG544

Provider Name: Missouri WIC

Activity Title: Missouri WIC Conference

Activity Number: 171246

Date Completed: _____ Number of CPEUs Awarded: _____

*Performance Indicator(s): 12.1.1; 2.3.2; 8.1.1, 8.1.5 CPE Level: 1,2

Joan Brundage, MWA President

Provider Signature

RETAIN ORIGINAL COPY FOR YOUR RECORDS

**Refer to your Professional Development Portfolio Guide ForPIs*



Continuing Professional Education Certificate of Attendance
- Licensure Copy-

Participant Name: _____

Registration Number: _____ Provider Code: GG544

Provider Name: Missouri WIC

Activity Title: Missouri WIC Conference

Activity Number: 171246

Date Completed: _____ Number of CPEUs Awarded: _____

*Performance Indicator(s): 12.1.1; 2.3.2; 8.1.1, 8.1.5 CPE Level: 1,2

Joan Brundage, MWA President

Provider Signature

RETAIN ORIGINAL COPY FOR YOUR RECORDS

**Refer to your Professional Development Portfolio Guide ForPIs*

SHOPPING

Columbia Mall

Dillard's, Buckle, PacSun, Target, H&M, Foot Locker, Barnes & Noble, ARCADE, and more.

Shoppes at Stadium

Lane Bryant, Old Navy, Bed, Bath & Beyond, Dick's Sporting Goods, Shoe Carnival, and more.

Best Buy

Hobby Lobby

Marshall's

Broadway Shops

Forum Shopping Center

Kohl's

Wal*Mart

Hyvee

Itchy's Flea Market

Midway Antique Mall

ATTRACTIONS

Campuses:

- University of Missouri
- Stephens College
- Columbia College

MKT Trail

Cosmo Park

The A.R.C.

Midway Golf & Games

L.A. Nickell Golf Course

A.L. Gustin Golf Course

Rockbridge State Park

Devil's Ice Box

Stephens Lake Park

GQT Forum 8 Theaters

Regal Columbia Stadium 14 Theaters

Shelter Insurance Gardens

Columbia's Farmer's Market

Boone County Farmer's Market

DISCOVER THE DISTRICT

Addison's
Bangkok Gardens
Booche's
Cafe Berlin
Kahldi's Coffee
Ernie's Diner
Flat Branch Pub
Glenn's Cafe
Hot Box Cookies
Room 38
Sparky's Ice Cream
Sycamore
Candy Factory

And the list doesn't end there!
**Check out the District's website
for a full listing!**

discoverthedistrict.com

FOOD & DRINK

Sports Zone Bar & Grill

Columbia Mall Food Court

Texas Roadhouse

Agave Mexican

Randy's Frozen Custard

Chick-fil-la

Truman's Bar & Grill*

Jazz Restaurant

Five Guys

G&D's Steakhouse*

Murry's*

Chris McD's

C.C.'s City Broiler

44 Stone Public House*

Lutz's BBQ*

D Rowe's*

Sophia's*

Andy's Custard

Peggy Jean's Pies*

Shakespeare's Pizza*

....And More!

***Local Flavor**

OTHER

ShearLocks Salon (In Hotel)

Shines by Sharon Shoe Shine (In Hotel)

Les Bourgeois Winery

Riversong Salon & Spa

Isle of Capri Casino - Boonville

Shyrock Callaway Farms (Seasonal)

Warm Springs Ranch (Budweiser Clydesdales)

