

# (SAFE)

LIVE WEBINAR

## SUPPORT, ASSIST, FEED, EQUIP:

*A guide for safe infant feeding  
in unstable environments*



### CHOOSE YOUR LIVE WEBINAR DATE!

**Date** **Tuesday, September 3, 2024**

**Check-in** 12:00 pm–12:15 pm

**Webinar** 12:15 pm–1:30 pm

**Date** **Wednesday, September 18, 2024**

**Check-in** 12:00 pm–12:15 pm

**Webinar** 12:15 pm–1:30 pm

**Date** **Thursday, September 26, 2024**

**Check-in** 12:00 pm–12:15 pm

**Webinar** 12:15 pm–1:30 pm

[REGISTER ONLINE](#)

## DESCRIPTION

In your community, there is a hurricane with flooding and loss of power that leads many families to seek help at a shelter. A plant closes, resulting in families not having a source of steady income and, ultimately, concerns about paying bills and feeding their family. Or the city water source has become contaminated.

The instability for families might not be instantly visible, as is seen during a natural disaster, but it is very real. Any of these instabilities in the environment will increase the vulnerability of families, especially people who are pregnant, postpartum, and lactating or those with infants and children under the age of two. For this population, the risk of infection and illness is greater when in unstable environments. They will need more care during a disaster to ensure that they are SAFE (Supported, Assisted, Fed, and Equipped).

This interactive training offered through WIC LATCH (Lactation Area Training Center for Health) will look at the challenges faced by this population in emergency situations and best practices for supporting them during an emergency.

## AUDIENCE

Public health professionals such as Nutritionists, Nurses, Social Workers, and Emergency Preparedness Coordinators—especially those working in schools, hospitals, and non-profit organizations.

## OBJECTIVES

**At the end of this training, the learner will able to:**

- List standards for shelters setting up feeding plans and assisting families in emergencies
- Mitigate risks for breast milk substitutes in emergency situations
- Describe the risks for families with infants in an emergency
- Explain CDC guidelines for protecting infants in unstable environments

## CREDIT

**CEUs:** MAHEC designates this live continuing education activity as meeting the criteria for **0.1** CEUs as established by the National Task Force on the Continuing Education Unit.

**Contact Hours:** MAHEC designates this live continuing education activity as meeting the criteria for **1.25** contact hours.

## PLANNING COMMITTEE

**Georganna Cogburn, MS, RD, LDN, IBCLC, RLC**  
MAHEC, Asheville, NC

**Rachel Dean, MPH, RDN, LDN, IBCLC**  
Eastern AHEC, Greenville, NC

**Hannah Edens, MPH, RD, LDN, IBCLC, RLC**  
Eastern AHEC, Greenville, NC

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## FACULTY

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### TUESDAY, SEPTEMBER 3, 2024

**Rachel Dean, MPH, RDN, LDN, IBCLC**, is a Registered Dietitian and International Board Certified Lactation Consultant. Rachel studied Nutritional Sciences at Penn State University. Further curiosity in preventative measures for optimal health sparked her interest in learning more about feeding and the periods of infancy and young childhood. Rachel returned to school in 2012 and earned a Master's in Public Health from the Department of Maternal and Child Health at UNC–Chapel Hill, where she also completed her lactation training through the Carolina Global Breastfeeding Institute. In addition to her role as the Region 3 Lactation Trainer, she also serves as the owner of Harmony Nutrition & Lactation, where she supports parents of color and helps them feel comfortable with nourishing themselves and their little ones. Rachel is particularly passionate about decreasing racial health disparities and achieving health equity among all people. She helped create and was the Program Director for the first two cohorts of the Lactation Consultant Training Program at Johnson C. Smith University—the first Pathway 2 training program implemented at a historically black college/university in an effort to help diversify the field of lactation. She also serves as the Executive Director and Co-founder of Queen City Cocoa B.E.A.N.S., a nonprofit organization that assists new and expectant families of color in improving their overall quality of health and achieving a more balanced lifestyle through nutrition and lactation education and support.

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### WEDNESDAY, SEPTEMBER 18, 2024

**Georganna Cogburn, MS, RD, LDN, IBCLC, RLC**, a native of Western North Carolina is the Region 1 Lactation Trainer covering the 34 western and northwestern most counties of North Carolina and is employed at MAHEC. She completed her undergraduate and graduate degrees in Nutrition from UNC–Greensboro. She was a Public Health Nutritionist for 29 years with the Buncombe County WIC Program where she assisted breastfeeding dyads. She currently sees breastfeeding patients at MAHEC Ob/Gyn Specialists and Family Health Center. Georganna has been an International Board Certified Lactation Consultant since 1992 and a registered dietitian since 1984. She has been the Region 1 Breastfeeding Coordinator since 2005 and in that capacity has trained Breastfeeding Peer Counselors, WIC staff, and healthcare professionals throughout Western North Carolina. She has been the course director for the North Carolina Lactation Educator Training Program a program offered through Northwest AHEC since its inception in 1996. She was an Adjunct Professor at Western Carolina University in the College of Health and Human Sciences from 2013 until 2021.

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### THURSDAY, SEPTEMBER 26, 2024

**Hannah Edens, MPH, RD, LDN, IBCLC, RLC**, is a proud native of North Carolina with family roots in Pamlico, Chatham, Guilford, and Forsyth Counties. She served as the Regional Breastfeeding Coordinator for the former Region 6 for ten years and is now the NC WIC LATCH Director and Regional Lactation Trainer for Region 2. Hannah obtained a BS in Nutrition and completed her Dietetic Internship at Meredith College. She also holds a Master of Public Health from the Department of Maternal and Child Health at UNC–Chapel Hill. She completed her lactation training through the Carolina Global Breastfeeding Institute while obtaining her master's degree. She has been a Registered Dietitian since 2006 and a Lactation Consultant since 2010. She wrapped up 11 years of clinical lactation work at UNC Hospital, working both inpatient and outpatient, just before transitioning to her new role with WIC in the fall of 2022. She continues to provide occasional clinical support through Holman Family Dental. Prior to these positions, she worked in public health nutrition in both Guilford and Durham County. She has been a doula for all of her nieces and nephews and has a passion for supporting families throughout the various stages of pregnancy, childbirth, lactating, and parenthood. Hannah lives on a farm just outside of the Triangle with her farmer husband and three children.

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### REGISTRATION FORM

Event #73615

*This training is provided at no cost by the North Carolina WIC LATCH (Lactation Area Training Center for Health). You must register in order to attend.*

Updated contact information below

Name \_\_\_\_\_

Credentials \_\_\_\_\_

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Employer \_\_\_\_\_

Department \_\_\_\_\_

Employer's Address \_\_\_\_\_

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REGISTER ONLINE

### WEBINAR DATE SELECTION

- Tuesday, September 3, 2024**  
with Rachel Dean, MPH, RDN, LDN, IBCLC  
(Hosted by Eastern AHEC)
- Wednesday, September 18, 2024**  
with Georganna Cogburn, MS, RD, LDN, IBCLC, RLC  
(Hosted by MAHEC)
- Thursday, September 26, 2024**  
with Hannah Edens, MPH, RD, LDN, IBCLC, RLC  
(Hosted by Eastern AHEC)

*MAHEC assumes permission to use audio, video, and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.*

#### HAVE A QUESTION?



#### Special Services

919-436-9448

#### Program Planner

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#### Online Registration

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