

## SEMINARS

### Pregnancy + Birth Seminar A

### Newborns + New Parents Seminar B

### Life with a Baby Seminar C

## DEMOS

Exhibitor Floor

## ACTIVITIES

Exhibitor Floor

11:00AM

Exhibitor floor opens at 11 a.m.

11:15AM

11:30AM

11:45AM



**The Empowered  
Pregnancy & Birth**  
Dr. Ambra Brown, CPHC

12:00PM

12:15PM

12:30PM

12:45PM

1:00PM

1:15PM

1:30PM

1:45PM

2:00PM

2:15PM

2:30PM

2:45PM

3:00PM

Exhibitor floor closes at 3 p.m.



**Baby Registry Lab with Jamie Grayson, CPST**

Seating is plentiful, but first come, first served. Grand prize drawing ~4 PM; MUST be present to win.

4:00PM



**Breastfeeding &  
Returning to Work**  
Nikki Lee, RN, BSN, MS, ANLC, IBCLC  
Nikki Lee Health



**The Fourth Trimester**  
Laura Pasyanos  
Southern Doula Services



**Infant Developmental  
Milestones**  
Amy Needham, PhD  
Vanderbilt University



**The Pelvic Floor**  
Jenny Archer, PT, DPT, COMT  
Archer Physical Therapy



**Sleep in the First Year**  
Jessica Byrne  
My Dreamy Sleeper



**Breastfeeding Basics**  
Angela Lee, BSN, RN, IBCLC  
Blessed Beginnings

**Breastfeeding Positions**  
Blessed Beginnings

**Babywearing**  
Ergobaby

**Safe Sleep**  
Cribs for Kids

**Breast Pumps**  
Nikki Lee Health

**Comfort Measures for Labor**  
Southern Doula Services

**The Pelvic Floor**  
Nashville Pelvic PT

**Car Seat Safety**  
Monroe Carell Jr.  
Children's Hospital at Vanderbilt

**Baby Registry  
Lab Hands-On  
Demos**  
with  
Jamie Grayson



Get answers to  
your registry and  
product safety  
questions, and try  
out gear from top  
brands ...*all on the  
exhibitor floor!*



**Car Seat Safety Clinic**  
Monroe Carell Jr.  
Children's Hospital at Vanderbilt

**Baby & Bump Photos**

**GIVEAWAYS & PRIZES**

**Registration**

**Charity Raffle**

Proceeds donated to  
**Mothers' Milk Bank of Tennessee**

Ticket sales end at 2:30PM

Last entries due by 3PM

Winners will be texted between 3 and 4PM  
Prizes must be claimed by 6PM on 7/16 or forfeited



**Gift Bags**

Premium Admission attendees, stop by the  
Registration for your gift bag before you leave!

**Babies & Bump Grand Prizes**

Ticket(s) given to attendees upon entry.

Winning numbers will be displayed  
at Registration ~3PM

Prizes will **NOT** be posted online  
or available over the phone

Prizes must be claimed by 6PM on 7/16 or forfeited

**Main Stage**

**Baby Registry Lab Giveaways**

Tickets given to attendees upon  
entry to BRL's session at 3PM

Winning numbers called at the  
end of BRL's session ~4PM

**MUST** be present to win

