



CONFERENCE SCHEDULE

speaker bios and detailed class info can be found at
www.empoweringfearlessbirth.com/eventprogram.shtml
 or scan the QR Code below

welcome! *Daddy Cave is located upstairs in Room 213/209

Vendor Floor Open

1pm-9pm

Conference

1pm-9pm

2pm Keynote

Lauralyn Curtis

Auditorium

3pm Film Festival

Auditorium

5pm Keynote

Heng Ou

Auditorium

Prizes and giveaways will be awarded in the auditorium during keynotes and film festival

For more detailed information scan this QR code



| | Auditorium | Room 105 | Room 215 | Room 220 | Room 224 | Room 226 | Room 228 | Room 229 |
|--------|--|---|---|--|---|--|--|--|
| 1:00PM | | Midwife Speed-Dating [Salt Lake] | Self-Care During Pregnancy and Postpartum [Alda Mills] | The Greatness Within You [Eric Bailey] | Parenting a Child with Special Needs [Sariah Price] | Overcoming the Pitfalls of Dystocia (Difficult Labor) [Dr. James Beadle] | How to Make a Hospital Birth Ideal [Dr. Edmunds, OB] | Breastfeeding- What I Wish Someone Had Told Me [Sherri Gunn] |
| 2:00PM | KEYNOTE: Find Your Voice: Vocals and Vocabulary for a Powerful Birth [Lauralyn Curtis] | Doula Speed-Dating [Salt Lake] | Bio-Energetics Basics of Working with our Body's Subtle Energies [Dr. Chris Palmer] | A Healthy Pregnancy for a Healthy Birth [Kelly Pomeroy] | Trusting Birth: Holistic View of Giving Birth [Richelle Jolley] | Preparing for a VBAC [Dr. Edmunds, OB] | Using Art to Deepen Birth Preparation [Sorenson-Whitaker /Haymond] | Newborn Care Secrets and Setting Healthy Sleep Foundations [Jeffery/Norman] |
| 3:00PM | FILM FESTIVAL [hosted by] The Touch of Life *end approx 4:15-4:30PM | Midwife Speed-Dating [Tooele County] | Essential Oils for the Birthing Woman [Debbie Gordon] | Cloth Diapering 101 [Wendy Moss] | Choosing your Ideal Birth Location [Fiona Judd] | A C-Section is a Real Birth [Sariah Price] | Birth is More than One Choice [Kendra Parry] | Mother Baby Sleep Support [Sierra Brooks] |
| 4:00PM | | Midwife Speed-Dating [Utah Valley] | Using Essential Oils in Every Day Family Health [Dr. Chris Palmer] | Prepared for Whatever Turn Your Postpartum May Take [Sarah Caldwell] | Exercise and Diet in Pregnancy [Dr. Edmunds, OB] | Intuitive Birth [BreeAnn Moore] | Placenta Encapsulation & Herbology [Rachel Talley] | Sore Nipples are Not Your Fault [Julie Johnson] |
| 5:00PM | KEYNOTE: The Small Gestures of the First Forty Days [Heng Ou] | Midwife/Doula Speed-Dating [Davis County] | Essential Oils for Pregnancy, Birth, & Babies [Asti Atkinson] | Vaccines: Know the Facts and your Opinions [Dr. Stitcher] | Every Day Babywearing [Jessica Quigley] | Review of the First Hour (Skin to Skin) [Melissa Montoya] | Epigenetic Imprints [Rachel Talley] | Get "Pumped" about Pumping [Dezarea Weyburn] |
| 6:00PM | | Birth Class Speed Intros | Daddy Panel Dads & Partners Only [no mamas] | Fact vs. Fiction: Low Milk Supply [Lindsey Shipley] | Getting Ahead of Fear and Trauma Pre-Birth Connection [Kathleen Haws] | The Healing Touch of Reiki [Robin Johnson] | Navigating Feminine Highs and Lows [Hannah Dunford] | Birth and the First Few Months & Parenting with Chronic Illness [Riley Howard] |
| 7:00PM | | Doula Speed-Dating [Utah Valley] | Dessert Bar with Keynote Speakers [VIP ONLY] | Gentle Prenatal & Women's Health Yoga [Hannah Dunford] | Understanding Intimate Changes Before, During, and After Pregnancy [Jennifer Knowles] | Thriving in the First Trimester [Adrienne Brown] | Decoding Ovulation with the Fertility Awareness Method [Liz Stika] | The Only Reason You Have a Uterus [Debbie Gordon] |
| 8:00PM | | Midwife/Doula Speed-Dating [Wasatch County] | Dessert Bar with Keynote Speakers [VIP ONLY] | | | | | |

GIFT VOUCHERS are won in conference classes and at the keynote/film festival.
 Gift vouchers redeemed only from 5PM-8PM at the gift table.