

# The Alaska Breastfeeding Coalition

## ABC Updates

*\*Advocacy\*Collaboration\*Diversity\*Education\*Empowerment\*Health\**

### What's New?

The Alaska Breastfeeding Coalition is excited to announce a Bi-Monthly Meeting Circle for Lactation Professionals. The focus will be on continuing education and support for Alaska's Lactation Advocates. The event is free to all ABC members.

### October's Lactation Provider Circle

October 5<sup>th</sup>, 2023 6:30 pm

Leah Piera-Murphy from Spinning Moon Apothecary will be presenting on Poly-Vagal Theory specifically as it relates to communicating with clients and colleagues.

Leah is owner and operator of Spinning Moon Apothecary in Sitka, AK. She is trained in Poly-Vagal Theory, Ayurvedic Healing, Herbal Medicine and is a Yoga Health Coach and Somatic Experiencing Practitioner.

Leah lives in Sitka with her 2 children and 2 cats and is inspired by the incredible wilderness that surrounds her.



*ABC knows that peer support makes a difference, both for ourselves, and the communities we serve.*



Leah-  
Piera Murphy will be October's Guest at ABC's Provider Circle



## Bi-Monthly Board Meetings

WE HAVE A SEAT RESERVED JUST FOR YOU!

The Next Board Meeting will be held November 2<sup>nd</sup> at 6:30pm via Zoom.

Please email [president@alaskabreastfeeding.org](mailto:president@alaskabreastfeeding.org)

For the link.

## What Can You Do to Support Breastfeeding in Alaska?

Consider joining The Alaska Breastfeeding Coalition. The cost is 10 dollars annually.

Consider joining our Bi-Monthly Board Meetings held the 1<sup>st</sup> Wednesday of Sept, Nov, Jan, March, & May.

We have board positions open and active committees for advocacy, event planning, legislation and more!



ABC Conference 2023

Lactation Communication:

The Little Things That Mean A Lot

Proposed Dates April 26-28th

Skills Day

Networking

Hot Topics

SAVE THE DATE

