



PRESENTS

Perinatal Health: How it Affects Mother and Baby

8:00 – 11:00 a.m., Friday, July 22, 2011

Curry Auditorium, Research Medical Center: Brookside Campus

Building C, 6675 Holmes, Kansas City, MO 64131

This program is open to the public. For CE, there is a charge of \$25 for non-MCHC members and no charge to MCHC members.

For more information, contact Paul Cesare at 816-283-MCHC (6242), ext. 239 [Click here to register](#)

Topics and Presenters:

Exercise Before, During, and After Pregnancy: Benefits for Mom and Baby

— Linda May, Ph.D., Kansas City University of Medicine and Biosciences

How Nutrition Affects Mother and Baby

— Susan Carlson, Ph.D., University of Kansas Medical Center

— Prabhu Parimi, M.D., University of Kansas Medical Center

Infant Stimulation

— Melissa Newkirk, M.A., University of Missouri—Kansas City, Institute for Human Development

Objectives of the Meeting:

1. Explain the importance of a healthy lifestyle before, during and after pregnancy.
2. Describe the benefits of exercise before, during and after pregnancy, including how it can decrease stress.
3. Discuss the benefits of infant stimulation for mothers and babies.
4. Identify ways to improve nutrition – before, during and after pregnancy – to enhance the health of mothers and babies.

This educational activity has been awarded 2 contact hour(s).

Children's Mercy Hospitals and Clinics is an approved provider of continuing nursing education by the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

This program is being co-provided by:
Mother & Child Health Coalition and Children's Mercy Hospitals and Clinics.