

Inland Empire Breastfeeding Coalition presents:

FREE Virtual General Education Session

Go Milk Yourself: The Power and Freedom of Hand Expression



Objectives:

1. Name 5+ massage and compression moves for optimal hand expression.
2. Identify 5+ ideal times for hand expressing.
3. Equip participants to answer patient questions and concerns regarding hand expression.

June 22nd 2025

12:30-2:00pm PT

Register for Zoom Link

\$20 - 1.5 L CERPs/CEUs/1.0 BRN offered IBCLE CERP areas:
Development and Nutrition & Clinical Skills



Francie Webb

IBCLC, CD (DTI)

@go_milkyourself

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It's a real-live human demonstrating real-live techniques to get breast milk out with the pump at your arms! In this unique workshop, Francie Webb, IBCLC and author of *Go Milk Yourself: You Have Power. Express It!* will cover the what, why, when, where, and how of hand expressing human milk. Participants will leave with a newfound appreciation for this age-old tool, armed with the competence and confidence to support patients in this low-maintenance, highly effective way to maintain and increase production and discover their own power.



Visit our website www.iebreastfeeding.org and register on home page