## 2019 Training Opportunities for WIC Staff

### Washington State WIC Training

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<tr>
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</table>
| May 22, 2019| WIC Coordinators Meeting                               | Potential webinar on May 22, 2:00-3:30pm | • We’d like you to save time on May 22 for a webinar, in case it’s needed.  
  • This webinar would take place in addition to the monthly webinar on Wednesday, May 8 at 2:00 – 3:00 pm. |                | Please save 2:00 – 3:30 pm on May 22 on your calendars.                                                                                     |
|             | **Face-to-face Meeting CANCELLED**                     |                                 |                                                                                                                                            |                |                          |
| CANCELLED for 2019 | Clinic Services Advisory Committee (CSAC) Meeting         |                                 |                                                                                                                                            |                |                          |
| CANCELLED for 2019 | WIC Breastfeeding Coordinators Meeting                   |                                 |                                                                                                                                            |                |                          |

**Legend:**

- **B** = Breastfeeding Training  
- **N** = Nutrition Training
## 2019 Training Opportunities for WIC Staff

### Trainings and Workshops

<table>
<thead>
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<tr>
<td>2 options:</td>
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<tr>
<td>March 14</td>
<td>The Unique Family</td>
<td>March 14</td>
<td>Neutral compassionate care approach for all patients:</td>
<td>No charge</td>
<td>March 14, Renton:</td>
</tr>
<tr>
<td>Renton</td>
<td>Seminar Helping</td>
<td>Valley 1-5pm</td>
<td>- Substance Use Disorders</td>
<td></td>
<td>To register, email</td>
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<tr>
<td>March 15</td>
<td>Healthcare Professional</td>
<td>Medical, Renton</td>
<td>- DV/Intimate Partner Violence</td>
<td></td>
<td>Debra Sperling @</td>
</tr>
<tr>
<td>Tacoma</td>
<td>Care for the Non-</td>
<td>March 15</td>
<td>- Surrogacy/Adoption</td>
<td></td>
<td><a href="mailto:debrasp@uw.edu">debrasp@uw.edu</a></td>
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<tr>
<td></td>
<td>Traditional Family</td>
<td>St. Joseph</td>
<td>- Non-traditional family units</td>
<td></td>
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<tr>
<td></td>
<td>Unit and Patients</td>
<td>Medical Center,</td>
<td>4 hour Interactive Training</td>
<td></td>
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<tr>
<td></td>
<td>with Unique Needs</td>
<td>Tacoma 8AM-12PM</td>
<td>CEUs provided</td>
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<tr>
<td></td>
<td>NB Family to Family Support</td>
<td></td>
<td>Note: When registering, please include name, phone #, RN License for CEUs, preferred email and place of employment. You will receive confirmation and further details via email.</td>
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<tr>
<td></td>
<td>Support Network</td>
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<tr>
<td>3 options:</td>
<td>Foundations for Best</td>
<td>TBD</td>
<td>- This training is Monday – Friday</td>
<td>$959</td>
<td>Register at:</td>
</tr>
<tr>
<td>March 18-22</td>
<td>Practice in Lactation</td>
<td></td>
<td>8am-5pm.</td>
<td></td>
<td><a href="https://bastyr.edu/sim">https://bastyr.edu/sim</a></td>
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<tr>
<td>June 24-28</td>
<td>Care: 5 Day Course</td>
<td></td>
<td>A complete, in person core program to begin practice in evidence based breastfeeding and lactation care.</td>
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<td>kin-center/lactation-</td>
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<tr>
<td>Sept. 16-20</td>
<td>Bastyr University</td>
<td></td>
<td>- Meets the requirement for Breastfeeding Coordinator and Peer Counselor Lead training.</td>
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<td>educator-training</td>
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<td></td>
<td>Go to Upcoming Courses for training dates and locations.</td>
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| March 26, 2019   | Foundations in Lactation Support *Nutrition First* | Tukwila  | • For all new staff and for staff who want a refresher on how to support breastfeeding families.  
  • Meets federal requirements for orienting new staff on how to provide breastfeeding support.  
  • Covers staff roles, how to use client centered communication skills when talking about breastfeeding and what factors can affect milk production and exclusive breastfeeding.  
  • Open to those other working in the community to support breastfeeding.  
  • Share this training opportunity with your community partners.                                                                                                                                                                                                                     | $145            | [www.nutritionfirstwa.org](http://www.nutritionfirstwa.org) If you are interested in adding a “Foundations in Lactation” training in your area, please contact info@nutritionfirstwa.org. |
| March 27, 2019   | Building on Foundations in Lactation Support *Nutrition First*  
  Trainer: Michele Crockett IBCLC, PCPA, LLLL(retired). | Tukwila  | • This training moves past the Foundations training and addresses more breastfeeding challenges and resources.  
  • Great training for clinics whose staff have already attended Foundations (or similar) and are interested in enhancing their skills in lactation support clinic-wide.  
  • Also open to those other working in the community to support breastfeeding, and can be a great opportunity to share with your community partners.                                                                 | $145            | [www.nutritionfirstwa.org](http://www.nutritionfirstwa.org) If you are interested in adding a “Building on Foundations in Lactation” training in your area, please contact info@nutritionfirstwa.org. |
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<tr>
<td>April 15-16, 2019</td>
<td>Two Days with Dr. Jack Newman South Sound Breastfeeding Network</td>
<td>Norman Worthington Conference Center, Saint Martin’s University, Lacey, WA</td>
<td>way for WIC to work with community partners.</td>
<td>$249</td>
<td>Online Registration <a href="https://www.brownpapertickets.com/event/3808222?eventid=3808222">Link</a> Event # 3808222 Questions? Please email <a href="mailto:ssbnwashington@gmail.com">ssbnwashington@gmail.com</a></td>
</tr>
<tr>
<td>3 options:</td>
<td>Helping Parents Understanding Their Toddlers with Jane Heinig</td>
<td>3 locations: April 22, 2019 Spokane April 24, 2019 Edmonds April 25, 2019 Fife</td>
<td>Highly recommended for all staff working with clients; especially for staff who haven’t attended a training for Jane Heinig. Jane is an engaging speaker and will cover how to address common concerns voiced by parents: • “He’s very picky.” • “Snacks in the car are the only way to keep her quiet.” • “He has to have a bottle of milk at bedtime or he won’t sleep.” • “She throws a tantrum if I don’t give her juice.” • “I just want him to eat.”</td>
<td>$145</td>
<td><a href="https://www.nutritionfirstwa.org">Link</a></td>
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Training Funding & Opportunities – April 22, 2019 Updates
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| 2 options: Apr 29-May 3 in Toppenish June 10-14 in Yakima | Foundations for Best Practice in Lactation Care Yakima Valley Farm Workers Clinic – Presented by Evergreen Perinatal Education | Apr 29-May 3 in Toppenish June 10-14 in Yakima | - 5-day course (8-5pm each day)
- Complete, in-person core program to begin practice in evidence-based breastfeeding and lactation care.
- Includes written project, study guide on anatomy and physiology, case studies, preparation for the IBCLC exam, and more.
- Education Credits:
  - 45 theoretical hours for IBCLC, RD, RN, or for IBLCE exam eligibility requirements | $50 Registration (Waived for WIC employees) Lunch and Snack provided daily | Contact: HeatherW@yvfwc.org |
| May 7-10, 2019 | Assuring Pediatric Nutrition Training in the Hospital & Community Conference Assuring Pediatric Nutrition in the Hospital & Community Workgroup, University of Washington | Talaris Conference Center, Seattle, WA | - Provides up-to-date, evidence-based pediatric nutrition information for RDs.
- Helps document the dietitian's competencies with children of different ages as required by JCAHO.
- Attendees can attend Tue-Thu, Thu-Fri, or all 4 days (Tue-Fri).
- Participants will become members of an on-going Pediatric Nutrition Consultation On-Line listserv. | Prices vary | Online Registration: [http://depts.washington.edu/nutrpeds/ce/3day.html#registration](http://depts.washington.edu/nutrpeds/ce/3day.html#registration) |
| May 8, 2019 | New Horizons in Lactation 2019 | Okanogan Behavioral Healthcare, 1007 Koala | Speaker: Kathleen Kendall-Tackett Ph.D., IBCLC. Topics include:
- A New Paradigm for Depression in New Mothers | No charge | Contact: Michele Crockett, IBCLC: mcrockett@fhc.org - 509-422-7626 |
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| May 13, 2019  | **Okanogan County Breastfeeding Coalition, Family Health Centers WIC**             | DR, Omak WA 98841 | • Trauma and Frontiers of Mind-Body Medicine: Psychoneuroimmunology Health  
• Breastfeeding Makes All the Difference: Breastfeeding’s Role in Overcoming Adversity  
• Weighing in on Obesity and Breastfeeding  
• Burnout, Compassion Fatigue, and Self-Care for Members of the Perinatal Team |                 | **Note:** For full description of each session, bibliography, and handouts (no handouts will be provided onsite, please print your handouts if desired prior to attending the seminar) go to: [http://www.kathleenkendall-tackett.com/Conference-Presentations.html](http://www.kathleenkendall-tackett.com/Conference-Presentations.html) |
|               | **4th Annual Breastfeeding Conference: “Creating and Equitable Pierce County Breastfeeding Community”** | More information coming soon. | • For staff who work with breastfeeding families.  
• This conference is new and different every year.  
• Keynote speakers and topics explore how to provide culturally relevant and equitable breastfeeding services. |                 | More information coming soon.                                                                                                                |
|               | **Tacoma-Pierce County Breastfeeding Alliance**                                    | B                |                                                                                                                                                    |                 | Contact: PariciaAlva@seamarchc.org  
Or Delores.baccus@kingcounty.gov  
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<tr>
<td>June 4-5, 2019</td>
<td><strong>NW Tribal Food Sovereignty Coalition 2019 Gathering</strong></td>
<td>TBD</td>
<td>• This is a <strong>SAVE THE DATE</strong> placeholder, until more information is announced.</td>
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<td><em>Northwest Portland Area Indian Health Board</em></td>
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<td>More information coming soon.</td>
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| June 7, 2019  | **Welcoming Black and Native Families to Your Practice**  | Bastyr Center for Natural Health, 3670 Stone Way N, Seattle, WA 98103 | • Instructors: Camie Jae Goldhammer MSW, LICSW, IBCLC and Hakima Tafunzi Payne, BSN, MN, IBCLC  
• Explore the perinatal needs of Black and Native families to benefit your clients and your practice in a one-day interactive workshop  
• Context for Black and Native maternity and Breastfeeding Experiences  
• Impact of inequity on Birth and Breastfeeding outcomes  
• Role of implicit bias in perpetuating inequity  
• Increase awareness of Implicit Bias in Clinical Cultures  
• Identify Strategies to Change Clinical Culture | $159 Early Registration by May 7  
$179 Full Registration after May 7  |                          |

Contact: Nora Frank-Buckner, MPH  
WEAVE-NW Project Coordinator  
nfrank@npaihb.org  
503-416-3253

Registration Information: [https://bastyr.edu/civicrm/event/info?reset=1&id=3021](https://bastyr.edu/civicrm/event/info?reset=1&id=3021)  
Phone: 425-602-3361  
Email: simkincenter@bastyr.edu
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| June 8, 2019     | **Welcoming & Supporting LGBTQ+ Families Through** | Bastyr Center for Natural Health, 3670 | - Normalize Physiologic Birth & Breastfeeding for Black and Native Clients  
- Case Studies for Cultural Congruent Care  
- Instructor: Joy MacTavish, MA, IBCLC, RLC is an International Board Certified Lactation Consultant, Registered Lactation Consultant  
- This workshop will cover LGBTQ+ terminology including language and concepts related to gender identity, sexual orientation, and queer family building  
- Explore some of the conception, birth, and lactation related options that LGBTQ+ clients may consider  
- Share strategies for supporting the perinatal and lactation goals of LGBTQ+ families with cultural humility and referrals to other trusted resources as needed | $159 Early Registration by May 8  
$179 Full Registration after May 8 | Registration Information:  
https://bastyr.edu/civicrm/event/info?id=3092&reset=1  
Phone: 425-602-3361  
Email: simkincenter@bastyr.edu |
| July 24-27, 2019 | **ILCA Conference: “Engage”**                    | Atlanta Marriott Marquis, Atlanta, GA  | - For IBCLCs or staff wanting CERPS to become an IBCLC or continued learning in breastfeeding support.  
- See website for conference objectives. | $324 – $1,111 | https://www.ilca.org/ilca19 |
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## Webinars and Online Trainings

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| March 6, 2019  | Oral Health in the WIC Program Food and Nutrition Service (FNS) | Webinar  | 11am-12noon PST The webinar will provide information on the following topics:  
• The importance of oral health to overall health and how oral health relates to special concerns in infant feeding and development.  
• The role of the WIC program in preventing oral health issues in women, infants and children through nutrition risk assessment, education and referral services. | No charge | TO JOIN WEBEX MEETING: https://fnsusda.webex.com/fnsusda/j.php?MTID=m20c5b6d899e2bfe137e0d1a16c25426a  
Meeting number: 966 421 288  
TO JOIN BY PHONE: Call-in toll-free number: 1-888-844-9904 |
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| March 29, 2019 9:50am-2pm PST | Promoting Healthy Weight 3.0: A Socio-Ecological Perspective—Policy at All Levels  
Promoting Healthy Weight (PHW) Colloquium | Webinar  
NB | • Tips for parents and caregivers to prevent oral health issues among infants and children.  
• The importance of partnership between WIC and local public health agencies as a part of oral health referral services. | No charge | Access Code: 401 9433  
Register here between now and March 26, 2019.  
If participating via webcast, log on by 9:45 AM PST.  
The conference will begin promptly at 9:50 AM PST.  
Archived sessions available on web at [http://mediasite.utk.edu/UTK/Catalog/catalogs/utknutrition-promoting-healthy-weight-3-0](http://mediasite.utk.edu/UTK/Catalog/catalogs/utknutrition-promoting-healthy-weight-3-0) |
| April 1 - June 3, 2019 | GOLD Lactation Online Conference  
GOLD Lactation | Webinar  
B | • Various topics on breastfeeding promotion and support.  
• June 3 is the LAST DAY that non-GOLD Annual members can view online presentations. | $225 - $265 | Register at: [http://www.goldconf.com](http://www.goldconf.com)  
Prices vary for early-bird and group registration. |
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<tr>
<td>May 2 &amp; May 9, 2019</td>
<td><strong>The ABCs of Child Feeding: Two part webinar for parents</strong>&lt;br&gt;Ellyn Satter Institute</td>
<td>Webinar</td>
<td>- <strong>10am-11am PST</strong>&lt;br&gt;- Part 1: Learn what drives a child’s eating behavior and how Satter’s Division of Responsibility in Feeding can be used.&lt;br&gt;- Part 2: A deeper dive into understanding picky eaters, challenges during mealtimes, and age-specific problem solving.&lt;br&gt;- Both Part 1 and 2 provide time for Q&amp;A.&lt;br&gt;- Recording available only for those who have registered and are unable to attend one or both parts.</td>
<td>$25 per person (includes both sessions)</td>
<td><a href="https://www.ellynsatterinstitute.org/shop/shop/prevent-resolve-child-feeding-problems-abcs-child-feeding.html">https://www.ellynsatterinstitute.org/shop/shop/prevent-resolve-child-feeding-problems-abcs-child-feeding.html</a></td>
</tr>
<tr>
<td></td>
<td><strong>Possible availability by late Spring</strong>&lt;br&gt;More information coming soon.</td>
<td></td>
<td><strong>Note</strong>: If you register for one session, you can listen to both recorded sessions.</td>
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<tr>
<td>July 31 - August 2, 2019</td>
<td><strong>National Maternal and Infant Nutrition Intensive Course</strong>&lt;br&gt;University of Alabama</td>
<td>Online</td>
<td>- Topics on maternal and infant nutrition include:&lt;br&gt;- How appropriate nutrition services can improve pregnancy outcomes.</td>
<td>$25 per person</td>
<td><a href="https://cceeevents.umn.edu/national-maternal-and-infant-nutrition-intensive-course">https://cceeevents.umn.edu/national-maternal-and-infant-nutrition-intensive-course</a></td>
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|       | *University of Minnesota School of Public Health*  
      | *University of Minnesota College of Continuing & Professional Studies* |          | o Effects of maternal eating behaviors on birth outcomes, infant health status and development.  
o Characteristics of model programs and counseling approaches for maternal and infant nutritional health.  
• Up to 1.5 Continuing Education Credits (CEU) for Registered Dietitians, Registered Nurses, Certified Nurse Midwives, etc. |          |            |
|       | Webinar Series NB  
      | *National WIC Association* | Webinar | • 1-hour long webinars  
• Note: Staff who are not members have to register for each webinar they plan to attend ahead of time. That is the only way staff can access the webinar, if staff misses the webinar time slot. | No charge | [https://www.nwica.org/snippet-webinars-intro](https://www.nwica.org/snippet-webinars-intro)  
Listings through October have been posted on the NWA website. |
| Most Thursdays at 12pm PST (3pm EST) | CDC-USBC Bi-Monthly Coalitions Webinars B  
       | *United States Breastfeeding Committee (USBC)* | Webinar | • Co-hosted by the CDC Division of Nutrition and Physical Activity and the United States Breastfeeding Committee.  
• Brings together state, territorial, and tribal breastfeeding coalitions to share best practices and news.  
• Opportunity to network and collaborate on issues of national significance. | No Charge | [http://www.usbreastfeeding.org/p/cm/ld/fid=46](http://www.usbreastfeeding.org/p/cm/ld/fid=46) |
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| Bi-monthly (in odd numbered months) on the 4th Tuesday of the month from 11am-12.30pm PST (2-3.30 pm EST) | **USBC Racial Equity Webinars**  
*United States Breastfeeding Committee (USBC)* | Webinar | • Webinars are part of its efforts to "create and model a culture of inclusion, diversity & equity" (USBC Strategic Framework Goal 4).  
• This Webinar series focuses on building the capacity of the breastfeeding field to apply both an "equity lens" to inform and guide our strategies and activities, but also an "equity mirror" to examine our internal structures, culture, and policies. | No charge | [https://register.gotowebinar.com/register/8175514735082416130](https://register.gotowebinar.com/register/8175514735082416130) |
| Ongoing | **Nutrition for Children with Special Health Care Needs.**  
*Assuring Pediatric Nutrition in the Hospital & Community Workgroup, University of Washington* | Self-Study | • Online modules about maternal and infant nutrition.  
• Pacific West Distance Learning Network. This continuing education activity is designed for RDs and other health care professionals who see children with special health care needs as part of their clinical practices.  
• The curriculum consists of six modules; each module is approved for 1 CEU from the ADA/CDR. It can be accessed free-of-charge; continuing education credits $10 per CEU. | Varies | [http://depts.washington.edu/pwdlearn/web/](http://depts.washington.edu/pwdlearn/web/) |
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| Ongoing | **Online Lactation Education**  

  *Evergreen Perinatal Education*  | Online   | Foundations for Best Practice in Lactation Care - FULL PROGRAM includes:  

  - 48 hours & designation as a Certified Lactation Educator.  

  Other Trainings:  

  - Excellence in Care with The Ten Steps includes – 15 hours  
  - Provider Ten Step Education – 4 hours  
  - Additional Modules – 3 hours each  
| Ongoing | **National Nutrition Certification Program for Food Sense**  

  *Extension, Utah State University*  | Online   |  

  - This online training course is designed to prepare those who teach nutrition to the public.  
  - This course is similar to a Nutrition 101 college class and includes 15 modules with pre- and post-assessments.  
  - Originally designed for Utah’s SNAP-Ed program, it has been made available for CPAs.  | No charge (90 day time limit) | [https://extension.learn.usu.edu/browse/food-sense/](https://extension.learn.usu.edu/browse/food-sense/) |
| Ongoing | **Lactation Management Training: From Novice to Expert**  

  *Lactation Education Resources*  | Online   |  

  - Lactation Management Training focuses on providing exclusively online lactation consultant training and continuing education for practicing lactation consultants.  | Varies   | [https://www.lactationtraining.com/courses-required-to-apply-for-iblce-exam](https://www.lactationtraining.com/courses-required-to-apply-for-iblce-exam) |
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| Ongoing  | **Webinar Series**                 | Webinar  | • Pre-recorded and live webinars, hosted by Dr. Jane Heinig.  
  ○ Topics include Behavior and Cues of the Late Preterm Infant, Lactation Support in the Shadow of Maternal Trauma, and more.  
  • Available for Physicians, Nurses, Dietitians, Lactation Consultants, and other health professionals working with families of young infants. | Varies          | [https://lactation.ucdavis.edu/upcoming-webinars/](https://lactation.ucdavis.edu/upcoming-webinars/)  
  CEU are provided for IBCLCs (through IBLCE), RNs (through CA BRN), and for RDs (through CDR as part of a Professional Development Portfolio). |
| Ongoing  | **Lactation & Perinatal Education**| Online Modules | • Educate, protect, and support mother/infant lactation care  
  • The university-based program and courses provide clinical training for those interested in working with the mother-baby breastfeeding dyad.  
  • Offers all levels of clinical lactation education, whether you are new to the field, working towards your IBCLC credential, or are already a working IBCLC and need continuing education credits. | Varies          | [http://breastfeeding-education.com/](http://breastfeeding-education.com/) |
| Ongoing  | **WIC Learning Online Modules**    | Online Modules | • Online courses for all levels of staff.  
  • Topics include Communicating with Participants, VENA, Breastfeeding Basics, and more.                                                 | No charge       | [https://wicworks.fns.usda.gov/resources/wic-learning-online](https://wicworks.fns.usda.gov/resources/wic-learning-online) |
2019 Training Opportunities for WIC Staff

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-841-1410 (TDD/TYY 711).
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