



In Our
Golden Era
WIC Nutrition Conference

WIC Nutrition Conference

NCED Conference Center, Norman

July 24 – 26, 2024



Day 1: Rolling Out the Red Carpet

JULY 24

9:30 - 11:30	Oklahoma WIC Programs Monthly Collaboration Meeting	(Invite Only)
11:00 - 12:00	Registration & Poster Set-Up	
12:00	Welcome & Introduction	
12:15	Opening Keynote: Rolling Out the Red Carpet for WIC	Maureen Mulvaney
1:30	Activity Break	

BREAKOUT SESSIONS

	NUTRITION	CLERICAL
1:45	Supporting WIC Families When Time is Short Dawn Clifford Part 1	The Golden Rule of Customer Service It Is Personal & That's Why It's Business Linda Clark Part 1
2:45	Nutrition Break	
3:00	Supporting WIC Families When Time is Short Dawn Clifford Part 2	Activity Break 10 Minutes The Golden Rule of Customer Service It Is Personal & That's Why It's Business Linda Clark Part 2
4:00	Activity Break 10 Minutes Supporting WIC Families When Time is Short Dawn Clifford Part 3	Balancing Act Providing Customer Service Excellence While Preventing Burnout Lyndi Zavy

Day 2: Going For Gold

July 25



7:30

Registration

8:30

Ethical Resilience:
Strategies for Preserving Personal Values in the Workplace

Katie Morris Henson

9:30

Activity Break

BREAKOUT SESSIONS

	NUTRITION	CLERICAL
9:45	<p>Sharing Baby's Behavior</p> <p>Jan Tedder</p>	<p>Beyond Burnout Using Core Values for a More Balanced Life & Overall Wellbeing</p> <p>Katie Morris Henson</p> <p>Part 1</p>

10:45

Nutrition Break

11:00	<p>Trauma, Disordered Eating, and Gut Health: A Complex Relationship</p> <p>Erica Golden</p>	<p>Beyond Burnout Using Core Values for a More Balanced Life & Overall Wellbeing</p> <p>Katie Morris Henson</p> <p>Part 2</p>
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12:00

Lunch

1:15	<p>Hug Strategies</p> <p>Jan Tedder</p>	<p>Thinking Forward... Looking Back Clear Communication & Diffusing Conflict</p> <p>Becky Wood</p>
2:15	<p>Nutrition and Gut Health in Perinatal Mental Health</p> <p>Erica Golden</p>	<p>Individual Purpose - Collective Mission - Unified Team</p> <p>Tenysha Green - Haynes</p>

3:15

Nutrition Break

3:30

Exercise

3:45

WIC's Award-Winning Food Package

4:15

Going For the Gold: Team Competition

Day 3: WIC's GOLDEN ERA



JULY 26

7:00

Registration

8:00

General Session: Cheerleading from Quicksand

Lyndi Zavy

9:00

50th Celebration Session

9:30

Laura K. Savage Awards

10:15

WIC Golden Era Awards

10:30

Commissioner Reed

11:00

Closing Keynote: The Best Way Out is Through

Sherri Coale

12:00

Closing Remarks