

**Western MCH Nutrition Leadership Network**  
**March 31 and April 1, 2011**  
**Los Angeles, CA**

**Thursday, March 31, 2011**

**Strengths-Based Leadership**  
**(Please come with your 5 top strengths identified)**

- 7:30 Registration/Continental Breakfast
- 8:15 **Welcome/Orientation to the Workshop**
- 8:30 -noon **Leadership Seminar: Strength-Based Leadership**  
**Kris Risley, PhD**  
Continuing Education Director  
Maternal and Child Health Program  
School of Public Health  
University of Illinois at Chicago
- Noon Lunch provided
- 1:00-2:30 **Leadership Seminar Continues/Wrap-up**
- 2:30-3:30 Free time
- 3:30-6:30 **Western MCH Nutrition Leadership Network Sharing Session/refreshments**
- 6:30 Free evening to explore Marina del Rey

**Friday, April 1, 2011**

## **The Life Course Perspective: Theory and Applications**

- 7:30 Continental breakfast (registration)
- 8:00 **Discussion in groups** of Kotelchuck/Fine paper (assigned to NLN to read)  
1) Key concept areas associated with the Life Course Perspective (select 3 as a group)  
2) Identify questions for the panel.
- 8:30 Report out: main topics/questions from each group
- 9:00- noon **Panel Presentation: Town Hall Style**
- 9:00 **A Life Course Perspective: An Overview of the Theory**  
**Michael Lu, MD, MS, MPH**  
Associate Professor, Department of Obstetrics & Gynecology,  
David Geffen School of Medicine, UCLA  
Department of Community Health Sciences,  
UCLA School of Public Health
- 10:00 am **MCAH Application of the Life Course Theory to Nutrition**  
**Cindy Harding, MPH**  
Director, Maternal Child & Adolescent Health Program  
Department of Health Services  
Los Angeles County
- 11:00 am **From Theory to Practice: A Pilot Project at the County Level**  
**Building Economic Security Today (BEST)**  
**Cheri Pies, MSW, Dr PH**  
Director, Maternal and Child Health Program  
School of Public Health  
University of California, Berkeley
- 12:00 noon Lunch provided
- 1:00-3:30 pm Group Discussions: **Application of the Life Course Perspective at Home**
- Objective for the Session: Identify at least one idea for an activity or strategic direction to initiate the integration of the Life Course Perspective in your home setting.**
- 3:30-4:00 pm Wrap-up