

## MAIN STAGE SEMINARS

**12:00 pm - BirthX - How to Have a Healthy Physical and Psychological Birth** - Alexis Diaz Commodore, BSN

**12:30 pm - Let's Get SEXY with Phexxi®**  
- Jennifer Record & Mary Hasse

**1:00 pm - Rumble Tuff - "Breast Pumping 101 - How to Maximize Your Pumping Sessions"** with Renee Davis, IBCLC

**1:30 pm - Thule - Bring Your Kids, Bring Your Life!**  
Strollers and More with Thule - Dina Maticiuc, Regional Sales & Training Manager

**2:00 pm - ezipz - Starting Solids: Feeding + Swallowing Milestones for Baby** - Dawn Winkelmann

**2:30 pm - Chicco USA - Car Seat Safety**

**3:00 pm - SpoonfulONE- How to Feed a Baby In 2022:**  
Breastfeeding, Formula, Starting Solids, & Ways to Reduce Food Allergy Risk - Dr. Wendy Sue Swanson MD, MBE, FAAP

**3:30 pm - Babies & Bumps Fashion Show – Motherhood Maternity & Prego Expo**

**4:00 pm - GIVEAWAYS** - Join Team Prego at the Main Stage for Our Grand Finale!

**Main Stage sponsored by**



**SpoonfulONE**

Prego Expo's Emcee: **Natalie Diaz**

Founder of Twiniversity and Bestselling Author - Natalie Diaz is not just a lactation consultant or child passenger safety tech. She's also the founder and CEO of Twiniversity, a revolutionary company that provides resources for multiple birth families and sometimes more!

