

The Loyola Administrative Perinatal Center Presents

Postpartum Nutrition: Supporting Recovery at the Bedside

Live Microsoft Teams Conference: FREE!
Thursday September 11, 2025, 12:00 - 1:30 PM



ABOUT THIS PROGRAM

This session will cover the basics of postpartum nutrition and how bedside nurses can support recovery before discharge. We'll review how nutrition needs increase after delivery, how nutrition impacts healing, mental health, and lactation, and how to recognize when a new mom may benefit from a dietitian referral. Nurses will leave with simple, practical tips to share with patients.

OUR SPEAKER

Morgan Mullins, MS, RDN, LDN is a registered dietitian specializing in prenatal and postpartum nutrition. With over 10 years of experience in clinical care, research, and nutrition communications, Morgan helps mothers manage common pregnancy symptoms and support recovery after birth. Through her private practice, she partners with healthcare teams to identify nutrition risks early and offer practical strategies to nourish new moms. She holds a Master of Science in Clinical Nutrition from Rush University and certifications in both prenatal nutrition and prenatal yoga.



PROGRAM OBJECTIVES

After this session, participants will be able to:

1. Explain increased nutrition needs after birth.
2. Understand how nutrient depletion affects recovery and mental health.
3. Identify patients who may benefit from a dietitian referral.

Loyola University Health System is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. No one with the ability to control content of this activity has a relevant financial relationship with an ineligible company.

Completion Requirements to Receive 1.5 contact hours for nursing:

- Learner's attendance of the program in its entirety and participation in all activities of the program.
- Learner's attestation that they attended the entire program.
- Learner's submission of a completed evaluation after the conclusion of the program.

REGISTRATION – FREE REGISTER BY Sept 9

Scan QR Code or click link www.loyolamedicine.org/APC

After registering you will receive an email with Teams invite for virtual participation

Questions? Contact Olivia R. Baldwin at OliviaR.Baldwin@luhs.org

