Hilary Jacobson

Updates on Classes, Blogs, and a Proposal for Weekly Meetups

Dear Community Members,

I hope this message finds you well. It's been a while since our last newsletter, and I have a quick update for you all. Life has a way of piling up—family medical emergencies, a malfunctioning printer, and a speaking invitation momentarily shifted my focus from blogging. But I'm back, and I have something new for you!

New Blog Post Alert:
I've just posted a fresh article that I'm excited for you to read: Insulin impacts each stage of Milk Production – Implications for Insulin Resistance. I would be thrilled to hear your thoughts and feedback.

Upcoming Classes:
1) I am in the planning stages for several new courses. Here are some details:
Cultivating Presence: This could be a series of informal, weekly or bi-weekly classes where we discuss and practice various techniques. Interested? Sign up here.

To gauge interest and better tailor the courses, I am considering the use of Patreon. It could serve as a communication hub and offer weekly meetings for those interested. For convenience, I'm considering offering two time slots: one at 4 pm PT for East Coasters and another at 7 pm PT for those on the West Coast. If enough people are interested, this will become a reality.
Your feedback is crucial, so don't hesitate to let me know your thoughts.

2) The Lactogenic Diet with the Four Pillars: This will be a three-session class aimed at healthcare providers, but open to all.

3) Winter Intensive on Cultivating Presence: Scheduled for both December and January, this will be a more in-depth, three-week intensive course.

Other Updates:
Don't forget to check out my work of sweet, somewhat spiritual fiction, "Red Madder Root, Tales of Initiation."

Thank you for your continued engagement. Together, we are building an invaluable, holistic resource for mothers, healthcare providers, and everyone interested in the betterment of mother-infant care.

Please forward this email to friends and colleagues who may find it of interest.

Best regards,

Hilary Jacobson

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