

The SOUTHWEST OHIO CHAPTER of MEDICAL ASSISTANTS
presents a
2023 HEALTHY LIVING WORKSHOP
Saturday, May 20, 2023

TriHealth Fitness & Health Pavilion
6200 Pfeiffer Road, Cincinnati, OH 45242
Classroom B

- 8:30 – 9:00 am **Registration**
- 9:00 – 10:30 am **Self Care for Better Health – Part 1** Speaker: Suzy Hummel, TriHealth
- 10:45 – 11:45 am **Self Care for Better Health – Part 2** Wellness & Coaching Coordinator
- 11:45 am – 12:45 pm **Myofascial Release – Reduce Pain & Restore Mobility**
Speakers: Rachel Cameron, PT, DPT & Debbie Jones, PT Asst
- 12:45 – 1:30 pm **Lunch** provided and business meeting
- 1:30 – 2:30 pm **The Benefits of Chinese Medicine** Speaker: Theresa Mhanna, DAOM, OM,
Red Dragon Oriental Medicine Ltd

Networking, Door Prizes & Raffles !!!

A total of 4.5 CEU's have been applied for to the AAMA.

NAME _____ CREDENTIALS _____

ADDRESS _____

PHONE: _____ EMAIL _____

Food Allergies: _____

____ AAMA Member ... \$30.00 ____ Non-AAMA Member ... \$40.00 ____ Student ... \$15.00

Total amount made payable to SWOCMA \$ _____

NOTE: Registration Deadline – Registration and payment must be received by May 12, 2023

Mail registration and payment to: Clare Ley, CMA (AAMA)
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Amelia, OH 45102
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