

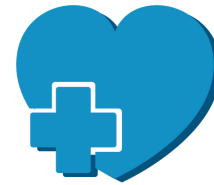
# ZOOM BASED CONTINUING EDUCATION

SATURDAY, APRIL 9TH, 2022

8:30-10:30AM PACIFIC TIME

## Self Care & Leadership Growth & Development

with Selena Burgher



# RCCMA

RIVER CITIES CHAPTER  
OF MEDICAL ASSISTANTS

Join RCCMA in welcoming Selena Burgher, current Practice Manager of Metropediatrics who holds a Masters in Public Administration, Bachelor of Health Care Administration, and an Associates in Applied Sciences-Specializing in Medical Assisting. Selena will be sharing her expertise in self-care through the leadership lens. This presentation will help you:

- Understand the risks that come with health care and how that impacts Self.
  - Create a support plan to navigate identified risks
  - Understand what self-care is & create a self-care plan
  - Learn tools to advocate for self-care and growth while remaining professional
  - Set professional boundaries and still applying what you know to grow in your role.
- 2 AAMA-Approved CEUs (General/Administrative)

Questions? Please reach out to [alexandria.holcomb@gmail.com](mailto:alexandria.holcomb@gmail.com)

### FEES & REGISTRATION:

Oregon AAMA Member (OSMA)	\$0
*Student Medical Assistant	\$0
AAMA Member outside of Oregon	\$10
Non-Member	\$20

Register NO LATER THAN April 3rd at 11:59pm PST:

[HTTPS://FORMS.GLE/TD3QFVPUJMHQSGMR7](https://forms.gle/TD3QFVPUJMHQSGMR7)

Applicable fees will be invoiced via PayPal, are non-refundable & due NO LATER THAN April 4th at 11:59pm PST

\*MUST BE CURRENTLY ENROLLED

### SAVE THE DATE

**5/12-5/14:**

NW Regional Conference  
(Joint with WSSMA)

**10/21-10/24:**

AAMA Annual Conference  
Myrtle Beach, SC

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