

**AAMA approval
for 4 CEU hours**

Certified Medical Assistant Conference

Resilient Care: Supporting Ourselves to Support Others

This program is designed to enhance the learning of Certified Medical Assistants (CMAs) working in area health facilities by providing new information on current trends in healthcare.

Proudly sponsored by Northwood Tech.



Web Conferencing via Zoom

Saturday, October 25, 2025

8:00 a.m. - 12:00 p.m.



Conference Agenda

- 8:00 - 8:10 a.m. Welcome and Announcements
- 8:10 - 9:00 a.m. **Fueling Your Body for Better Health**
Presented by Kelsae Ruppe
- 9:00 - 9:10 a.m. Break
- 9:10 - 10:00 a.m. **Nourish Your Light**
Presented by Toussaint Stewart
- 10:00 - 10:10 a.m. Break
- 10:10 a.m. - 11:00 p.m. ... **Code Status & Advance Care Planning: Why It All Matters**
Presented by Laura Martinsen
- 11 a.m. - 11:10 a.m. Break
- 11:10 a.m. - 12 p.m. **Guided Resilience: A Mindful Pause for Personal and Professional Well-Being**
Presented by Cami Smalley
- 12:00 p.m. Wrap up and Evaluations

Program Learning Objectives

8:10 a.m. - 9 a.m.

Fueling Your Body for Better Health

Kelsae Ruppe, RD, LD, CPT, Registered Dietitian, Tamarack Health Ashland Medical Center

Objectives:

- Identify the key health benefits associated with a high fiber diet.
- Understand the daily recommended fiber intake.
- Apply simple strategies to improve daily fiber consumption.

9:10 a.m. - 10 a.m.

Nourish Your Light

Toussaint Stewart, Holistic Wellness Practitioner, Coach and Author, Food Access and Community Wellness Specialist at Ecolibrium 3

Objectives:

- Create a simple holistic self-care regimen.
- Be able to choose wellness practices based on somatic awareness.
- Be able to hold themselves accountable to practicing their regimen on a daily to weekly basis.

10:10 a.m. - 11 a.m.

Code Status & Advance Care Planning: Why It All Matters

Laura Martinsen, BS, CSW, Social Worker, Northwest Wisconsin Cancer Center

Objectives:

- Distinguish the different types of care given for the variety of code statuses.
- Understand important aspects of DNR orders and bracelets.
- Recognize key components of a health care power of attorney form.

11:10 a.m. - 12 p.m.

Guided Resilience: A Mindful Pause for Personal and Professional Well-Being

Cami Smalley, MA, NBC-HWC, ICF-PCC, Founder, Guided Resilience

Objectives:

- Complete a holistic well-being assessment, identify personal stress warning signals and understand the professional responsibility of self-care.
- Use the Mindful Pause tool to promote mind-body self-regulation and resilience.
- Apply positive emotions and strengths to enhance vitality, resilience, and overall well-being.