



## **Virtual CEU Event**

**Sunday, January 24, 2021**

Please join us, from the comfort of your own home, on Sunday, January 24, 2020 from 9:00 a.m. to 11:15 a.m. for a Virtual Seminar. Two hours of continuing education will be presented.

**“Stress Overload Syndrome”** (.1 CEU) Presented by Dr. Adam Smith, DC. and **“Mindfulness and Self-Care”** (.1 CEU) Presented by Dr. Barbara A. Spencer, RN, MA, ANP-BC. There will be 15 minutes allotted for a break between the two hours. Zoom will open at 8:30 to allow for connection issues and networking. There will be no General Membership meeting after this event.

**MAPE or AEA Members \$60**

**Non-Members \$75    Students \$20**

\*Late fee of \$10 for registration postmarked after January 16, 2021\*

\*\*CEU Recording Fee and certificate of completion included\*\*

## Virtual Event Information

**“Stress Overload Syndrome”** Dr. Adam Smith, DC. Overview: Stress impacts us in many different ways. Stress is simply not the “stress” we think about day in and day out. What are the different types of stress? How do they affect the body and human frame? How does stress impact posture? How does posture impact your health? We will take a dive into understanding the different impacts on our body throughout our day, and how we can perform at our optimal best.

**“Mindfulness and Self-Care”** presented by Dr. Barbara A. Spencer, RN, MA, ANP-BC. Mindfulness is the state of being fully present, aware of our self and our surroundings. Mindfulness is a human quality that we possess. In these busy, stressful, unpredictable times, we often become consumed with technology, our jobs, and our families. We fail to pay attention to our present self and care for our self. According to the World Health Organization, self-care is necessary in order to establish and maintain health and to prevent illness. In this session, we will discuss four aspects of health – physical, mental, social and spiritual. We will explore strategies or habits to successfully implement self-care.

After sending in your registration and payment, be on the lookout for an email invitation including the Zoom meeting link and instructions for attending. Please be sure to include the best email address and phone number for contacting you. In response to the Covid-19 pandemic we will continue to hold our events in a virtual setting until it is safe to be together.

Please contact MAPE Corresponding Secretary, Tricia Vasquez, LE, CPE at [tricia.vasquez13@gmail.com](mailto:tricia.vasquez13@gmail.com) or

301-802-0144 with any questions.

NOTE: PLEASE DOWNLOAD ZOOM AND CHECK THAT THE MOST RECENT VERSION HAS BEEN DOWNLOADED ON YOUR COMPUTER PRIOR TO OUR EVENT DATE. YOU MUST BE SEEN ON THE ZOOM AS WELL AS RESPOND TO POLL QUESTIONS DURING THE EVENT IN ORDER TO RECEIVE FULL CREDIT FOR THE CONTINUING EDUCATION.



**MAPE VIRTUAL CEU EVENT**

**Sunday, January 24, 2021**

Mail This Registration Form with a check payable to MAPE, Inc. by 1/16/2021

**MAPE Member \$60   AEA Member \$60   Non Member Fee \$75 Student \$20**

Late fee of \$10 for registration postmarked after 1/16/2021

Registration fee includes CEU recording fee and certificate. Certificates will be emailed after all CEU Evaluations have been submitted.

Please circle one:    MAPE MEMBER    AEA AFFILIATE MEMBER    NON-MEMBER    STUDENT

Name \_\_\_\_\_

Phone \_\_\_\_\_

Address \_\_\_\_\_

CPE Number \_\_\_\_\_

Email \_\_\_\_\_

***Your Computer or Mobile Device must have video streaming capability.***

Total Amount Enclosed \$ \_\_\_\_\_

**MAIL CHECKS MADE PAYABLE TO MAPE, INC. TO:**

Elizabeth Spagnolo, LE, CPE

MAPE, Inc.

2206 Byton Court

Forest Hill, MD 21050