

# PRECONFERENCE WELLNESS WORKSHOP

Stress Management for  
Health Professionals

Speaker :

**Matthew Zinder, MS,  
CH, CRNA**  
Owner, Zinder  
Anesthesia, LLC

**CRNAs:  
\$50**



APRIL 5,  
2024



1830-2100



Register at  
[www.moana.org](http://www.moana.org)



Featured Topics:

- Recognize personal stressors and how they affect you
- Practice stress coping skills related to mindfulness
- Q & A Session

**2.5  
CLASS A CE**

MOANA Preconference Event  
**Wellness Workshop (2 CE):  
Stress Management for Health Providers**  
Friday, April 5, 2024  
Speaker: Matthew Zinder, MS, CH, CRNA

1830-2030	Stress Management for Health Providers
2030-2100	Q & A Session

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MOANA Spring Webinar (6 CE)  
Saturday, April 6, 2024

0800-0900	MoANA Business Meeting
0900-1000	Thoracic Anesthesia Review Julia Feczko DNP, CRNA Assistant Program Director, NorthShore University HealthSystem School of Nurse Anesthesia
1000-1100	Human Factors Training to Reduce Medical Errors Julia Feczko, DNP, CRNA
1100-1130	Lunch
1130-1230	AANA Update Stacy Yancey, MSNA, CRNA, AANA Director Region 4
1230-1330	On the Frontlines - Nurse Anesthetists in World War Stacy Yancey, MSNA, CRNA
1330-1430	Trauma Anesthesia Update 2024 Joseph Romero, CRNA, APRN, Community Hospital of Anaconda, Anaconda, Montana
1430-1530	Hemostatic Resuscitation and Blood Therapy Joseph Romero, CRNA, APRN

**COURSE REGISTRATION:**

CRNA Full Course (8.5 Class A CE) \$200  
Friday ONLY \$50, Saturday ONLY \$175  
SRNA/RRNA \$25

- Register online at [www.moana.org](http://www.moana.org)
- Webinar instructions will be emailed by 4/3/24.
- Full refunds allowed before 3/29/24. Cancellation must be made in writing.