

## Saturday April 18<sup>th</sup>, 2026

6am-7am

Registration/Check in

7am-8am

“Osteoarthritis for Primary Care, Kristin Marvin,” 1 CEU (AC) AAMA Approval # 144648

8am-9am

“Mental Health During and after Orthopedic Trauma,” Kristin Marvin, 1 CEU (CG) AAMA Approval #144647

9am-9:15am

Break

9:15am-10:45am

Prioritizing Mental Wellness in Healthcare,” Zakia Robbins-McNeal, DM, MS (AAMA) 1.5 CEU (ACG) AAMA Approval #145159

10:45am-11:45am

“Menopause 101:What the Medical Assistant Needs to Know,” Heather Legris, PharmD., 1 CEU (CG) AAMA Approval #144925

11:45am-2pm

Lunch/State Meeting

2pm-4pm

“Preparedness for Giving Care When There are Traumatic Circumstances Surrounding a Patient’s Maternal Health,” Candy McVicar, 2 CEU (AG) AAMA Approval #: 144926

4pm-5pm

Lymphatic System, Cheyenne Lujano, 1 CEU (C) AAMA Approval #144645

**AAMA Approval number: 144648**

**CEU: 1 AC**

**Program Title:**

Osteoarthritis for Primary Care

**Description of the program:**

Osteoarthritis affects approximately 32 million Americans. As our population ages and this number continues to grow, primary care providers are often the first team to see patients with these complaints. I plan to discuss osteoarthritis diagnosis, at home treatment, in office treatments, and ultimately surgical treatment options. I will give tips and tricks that primary care teams can provide patients prior to referring to orthopedics as well as some signs and symptoms that “classic” arthritis symptoms.

**Objectives:**

- Define/Discuss osteoarthritis
- At home treatments
- In office treatments
- Surgical treatments
- Referring to orthopedics

**Presenter Biography:**

Kristin Marvin, CMA (AAMA) began working as a clinical assistant for Minnesota Orthopedic Specialists (now Twin Cities Orthopedics) in 2007 while obtaining her CMA and has worked as a CMA, scribe, care coordinator, and is now the Clinical Supervisor for Twin Cities Orthopedics Burnsville and Eagan. Providing quality patient care while ensuring that her team is well supported are top priorities, whether the patient is a high school athlete, a weekend warrior, a MN Viking, or Grandma Jan.

**AAMA Approval number: 144647**

**CEU: 1 CG**

**Program Title:**

Mental Health During and After Orthopedic Trauma

**Description:**

Approximately 60 million Americans are affected by an orthopedic injury each year, resulting in approximately 36 million ER visits, and approximately 3 million hospitalizations. Orthopedic surgeons are trained to fix the orthopedic issue, but often there is a mental health component that gets forgotten about. I would like to provide some things to look out for in your patients, some tips and tricks for short term management and resources for long term management.

**Objectives:**

- Define orthopedic trauma
- In the moment management
- Long term resources

**Presenter Biography:**

Kristin Marvin, CMA (AAMA) began working as a clinical assistant for Minnesota Orthopedic Specialists (now Twin Cities Orthopedics) in 2007 while obtaining her CMA and has worked as a CMA, scribe, care coordinator, and is now the Clinical Supervisor for Twin Cities Orthopedics Burnsville and Eagan. Providing quality patient care while ensuring that her team is well supported are top priorities, whether the patient is a high school athlete, a weekend warrior, a MN Viking, or Grandma Jan.

**Approval Number:** 145159

**CEU:** 1.5 ACG

**Program Title:**  
Prioritizing Mental Health Wellness in Healthcare

**Description:**

By the end of this workshop, participants will be able to identify common behavioral health concerns encountered in medical settings and apply trauma-informed, person-centered strategies within the medical assistant scope of practice to support patient engagement, communication, and interdisciplinary care coordination.

**Presenter Biography:**

Dr. Zakia Robbins-McNeal, DM, MS is a tenured faculty member in the Behavioral Health and Human Services Program at Anoka Technical College. With over 20 years of experience in behavioral health, human services, and clinical practice, she brings a practitioner-scholar lens to understanding the intersection of mental and behavioral health care. Dr. Robbins-McNeal has worked extensively as a clinician, program director, and educator, specializing in behavioral assessment, intervention, and interdisciplinary collaboration. Her work emphasizes practical, trauma-informed strategies that equips healthcare professionals to better support patients' mental, emotional, and behavioral needs across care settings.

**AAMA Approval number:** 144925

**CEU:** 1 CG

**Program Title:**

Menopause 101: What the Medical Assistant Needs to Know

**Description:**

This discussion, “**Menopause 101: What the Medical Assistant Needs to Know,**” provides an essential overview of menopause for frontline clinical staff. Participants will learn to recognize the common signs and symptoms of perimenopause and menopause to enhance patient communication and documentation. The session will review the basic physiology of menopause and its impact on key health areas—including cardiovascular, bone, urogenital, and mental health. Finally, the discussion highlights the vital role medical assistants play in patient education, care coordination, and creating a supportive environment that promotes comfort and trust during menopause-related visits.

**Objectives:**

- **Recognize common signs and symptoms of perimenopause and menopause** to support accurate patient communication and documentation.
- **Understand the basic physiology of menopause** and its impact on key health domains.
- **Identify the medical assistant’s role** in patient education, care coordination, and promoting comfort and trust during menopause-related visits.

**Presenter Biography:**

Heather B Legris, PharmD., is an ambulatory care pharmacist who specializes in midlife women’s health as well as care of patients with complex medical and psychosocial challenges. She is a Menopause Society Certified Practitioner and Board-Certified Pharmacotherapy Specialist. She earned her Doctor of Pharmacy degree from the University of Washington and completed a Pharmacy Practice residency at Harborview Medical Center in Seattle, WA. She sees patients at Hennepin Healthcare in downtown Minneapolis.

**AAMA Approval number: 144926**

**CEU: 2 ACG**

**Program Title:**

Preparedness for Giving Care When There Are Traumatic Circumstances Surrounding a Patient's Maternal Health

**DESCRIPTION:**

Awareness is key to preparedness. Discover how to assist maternal health patients having traumatic circumstances to improve their overall satisfaction with their medical care. The impact of a good continuum of care by compassionate medical staff leaves a lasting impression, which ultimately aids the patient's mental wellbeing in their grieving process.

**OBJECTIVES:**

- Understand the importance of preparation to identify when a patient may require additional time, attention, and TLC which in turn ensures more patient satisfaction.
- Recognize the significance of each touch point in care for patients experiencing a maternal health crisis, especially if they have a pregnancy or infant loss.
- Determination to provide a fluid continuum of care.
- Grow in confidence to resource patients with timely and critical support available through local and national organizations.
- Become an advocate in your workplace for women who have maternal health issues and provide applicable services and resources.

**Presenter Biography:**

Candy McVicar is an inspirational speaker and co-author of *Holding on to Love After You've Lost a Baby: The 5 Love Languages® for Grieving Parents*. After experiencing the stillbirth of her daughter Grace in 2001, she founded and became Executive Director of Missing GRACE Foundation, whose mission is to provide support, resources, and education for families and professional care providers when there is loss of a baby, infertility, or adoption challenges. Candy served patients in hospital birthing rooms and NICUs, supporting hundreds of perinatal loss families for over ten years and has facilitated grief support groups for twenty years. She provides CEU courses for professional caregivers in hospitals across the nation. Candy has been a featured guest on Fox News, Focus on the Family, Building Relationships with Dr. Gary Chapman and many podcasts and radio shows. She lives in South Carolina with her husband of 26 years and their two daughters.

**AAMA Approval number: 144645**

**CEU: 1 C**

**Program Title:**  
Lymphatic System

**Description:**

The lymphatic system plays a crucial role in the body's health and is often overlooked in healthcare. This presentation will give you an overview of the lymphatic system, its structures, and how it works in combination with other systems of the body. We will also look at common conditions that arise from a weak or slow lymphatic flow and how we can aid the function of the lymph.

**Objectives:**

- Name the major structures of the lymphatic system
- Name the main functions of the lymphatic system
- What areas of the body have concentrated lymph nodes that are most impactful to health and wellbeing
- Describe the lymphatic flow from start to end
- Name 3-5 pathologies that are based in the lymphatic system

**Presenter Biography:**

Cheyenne Lujano is a dedicated and skilled massage therapist based in Elk River, Minnesota.

With a passion for helping others achieve wellness, healing and relaxation, Cheyenne has built a reputation for providing personalized and effective massage therapy services to her clients.

Since beginning her career, Cheyenne has worked in a variety of clinics and spas, honing her skills and gaining valuable experience, along with continuing her obsession for knowledge she has education in multiple modalities in bodywork, such as Oncology, Lymphatic Drainage, Myofascial Release, Craniosacral and others.