

Tech Tools for Serious Self Care

An interactive virtual course with Beth Z.

FEB 16
9:30-10:45 a.m.
\$100 PER
CONNECTION

With the insanity of 2020 and the uncertainty of 2021, you're busier than ever with work, kids, health checks, high stress and exhaustion. Even though you're being pulled in every direction by everyone and everything, if you don't take time to keep your head on straight, you won't be able to be the leader you are.

Join Your Nerdy Best Friend, author/speaker Beth Z, for a nerd's take on self care. Using today's technology, you can integrate tools and apps into your routine that will help you get more work done in less time.

You'll discover resources to help you overcome the crippling effects of stress and overwork. And best of all, Beth Z's tools are free or darn cheap. This is the can't-miss program that will help you stay sane through the busy fall and into the holiday season.

CONTINUING EDUCATION

1.25 NURSING
CONTACT HOURS

1.25 Nursing Contact Hours will be provided to all nurses who attend the virtual event, provide their name via sign-in sheet, and complete the follow-up evaluation process via surveymonkey attesting to their attendance.

1.25 ACHE QUALIFIED
EDUCATION HOURS

The AHA is authorized to award 1.25 hours of pre-approved ACHE Qualified Education credit (non-ACHE) for this series toward advancement, or recertification in the American College of Healthcare Executives. Participants in this program are responsible for reporting their attendance when submitting application to ACHE for advancement or recertification.

1.25 LTC ADMIN
CONTACT HOURS

Nursing Home Administrator, Long Term Care - The Arkansas Department of Health and Human Services Division of Medical Services Office of Long Term Care has approved the Tech Tools for Serious Self Care educational agenda for a maximum of 1.25 contact hours of continuing education. (AR 2783-AHA20-1.25)

Meet your nerdy new best friend... **Beth Z.**



BETH ZIESENIS: AUTHOR. SPEAKER. NERD.

Since her first Motorola RAZR flip phone, Beth has made a verb out of the word "nerd." She's here to help you filter through thousands of apps, gadgets, widgets and doodads to find the perfect free and bargain technology tools for work and home. Although the only real trophy she ever won was for making perfect French fries at McDonald's in high school, Beth Z has been featured on Best Speaker lists by several organizations that write best speaker lists. She has written a whole shelf of books on apps and has spoken to more than 100 thousand audience members just like you. And if you're puzzling over why she goes by "Beth Z"... it's because she only finds about three people a year who can pronounce her last name.

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Registration

\$100 FOR AHA MEMBER HOSPITALS

Registration includes one internet connection and one telephone connection at one location, although there can be an unlimited number of participants from your organization in that one listening room. To register, please submit the attached registration form. Without payment (via check or credit card), your registration cannot be processed, and you will not receive connection instructions.

Cancellation Policy: Refunds, minus a \$25 processing fee, will be granted if requests are received in writing by the AHA at least 5 business days prior to the program. No refunds will be issued after that date. Fax cancellation/refund requests to the Education Department at (501) 224-0519.

NAME AND TITLE OF CONTACT PERSON

ORGANIZATION

MAILING ADDRESS

CITY, STATE, ZIP CODE

EMAIL ADDRESS

PHONE NUMBER

METHOD OF PAYMENT

Check in the amount of \$ _____ payable to the Arkansas Hospital Association is enclosed.

Credit Card # _____

Visa MasterCard
(AmEx and Discover not accepted)

Cardholder's Billing Address *(please include zip code)* ↑

Expiration Date _____ CVV _____ Name on Card _____

Signature _____ Cardholder Phone # _____

MAIL FORM AND PAYMENT TO

Education Department, Arkansas Hospital Association, 419 Natural Resources Drive, Little Rock, AR 72205; or fax form with credit card information to (501) 224-0519.