

MEMBERSHIP APPLICATION

Name: _____
Address: _____
Phone: _____
Email: _____
COM/Grad Year: _____
Residency Program: _____
PGY Year: _____
Specialty: _____

MEMBERSHIP FEES

Membership Year: July 1 - June 30

- \$25 First Year Residents
- \$50 Second Year and Up Residents
- \$50 Fellows

** Be sure to ask if POMA membership is paid for by your program.*



PENNSYLVANIA OSTEOPATHIC MEDICAL ASSOCIATION

1330 Eisenhower Boulevard, Harrisburg, PA 17111
717-939-9318 | poma@poma.org | www.poma.org



LEADERSHIP OPPORTUNITIES

POMA provides several opportunities for residents to get involved through leadership, advocacy and volunteerism.

- Representation in POMA governance at the state level
- Voting position on the POMA Board of Trustees
- Representation and voting position at the POMA House of Delegates
- Representation and voting position in the Pennsylvania delegation of the AOA House of Delegates
- Volunteer service opportunities on POMA committees, task forces and workgroups

POMA SUPPORT FOR RESIDENTS & RESIDENCY PROGRAMS



WELLNESS GRANTS

POMA is committed to providing the osteopathic family with tools and resources to improve mental health and well-being through focused activities sponsored and supported by POMA and the POMA Foundation. Our goal is to start the conversation and open dialogue regarding personal well-being in all levels of the osteopathic profession from students to attending physicians.

- Application Window: October-November
- Grant Decisions Announced: December
- Project Completion: January-June

COMMUNITY GRANTS

POMA promotes the distinctive philosophy and practice of osteopathic medicine through projects supported by the POMA Foundation. Our goal is to improve community health through innovative projects, quality improvement/education and scholarly activity.

- Bright Ideas Grant
 - Application opens in February
 - Proposals due in March
- Community Enhancing Grant
 - Application opens in August
 - Proposals due in September

CLINICAL CONFERENCES & EDUCATIONAL OPPORTUNITIES

- POMA Annual Clinical Assembly
- POMA District 8 Annual Winter Seminar
- District Meetings
- District Conferences
- Specialty Track Education Series
- Annual Board Review Prep

SCHOLARLY ACTIVITY FOR RESIDENTS & FACULTY

- Lecture opportunities at POMA's clinical conferences and district meetings
- Poster presentations at the POMA Annual Clinical Assembly
- Publishing opportunities in the POMA Journal

PUBLICATIONS

- POMA Newsletter
- Under the DOme
- Journal of the POMA
- POMA DOes... Podcast

SCHOLARSHIPS

POMA offers financial scholarships to osteopathic students and residents in Pennsylvania. The scholarships are offered through the POMA Foundation.

- Application Window: October-January
- Applications Reviewed: January
- Recipients Announced: February

RESIDENT EVENTS

POMA hosts many events throughout the year for residents as in-person and virtual opportunities.

- Postgraduate Engagement Events
- Regional Meetings & Networking Events
- Leadership Program
- Online Resident Discussion Board
- Mentoring Opportunities