



Metro Denver Dental Society

Wellness Series:

Counteracting the Evils of the Dental Chair

Nutrition Made Simple

Presented by Dr. Nicholas Studholme, DC, CCSP, CCEP

Counteracting the Evils of the Dental Chair

While working on patients dental professionals tend to hold the same posture for hours without much movement at all of certain muscles and over-stimulation of others. This leads to nothing but muscle pain and strain. Even with a well-designed workstation, when working long hours leaning over a dental chair, physical problems may arise.

Movement is critical to ergonomic posturing and keeping good body health when it is required to continue working at a single task for hours at a time. Stretching is just about the simplest of all physical activities and is the perfect antidote for long periods of inactivity and holding still. Our course objective is to teach you how to stretch and specific exercises that can be performed in a dental office designed for the postural stressors created working as a dentist. By stretching regularly throughout the day, you will:

- Reduce muscle tension
- Improve circulation
- Reduce anxiety, stress, and fatigue
- Improve mental alertness
- Decrease the risk of injury
- Make your work easier
- Tune your mind into your body
- Make you feel better!

Date: Thursday, April 15, 2010
Time: 6:00 pm - 9:00 pm
Location: Dr. Studholme's office, 250 Leetsdale Dr., Ste. 105, Denver 80246
Registration Deadline: Thursday, April 15, 2010

Nutrition Made Simple

Our lives are busier now than they've ever been. Given our daily challenges, it's easy to lose sight of healthy eating. Having a balanced diet is important in being able to keep up the energy that you need to compete with the demands you face in running a busy practice while being strained for time. The main objective of this course is to educate you on how to interpret food labels, differentiate good fats vs. bad fats and understand which veggies and fruits are best in order to help you analyze your own diet and food choices. We will also discuss what the gluten free craze is all about and how it relates to losing weight, sleeping well and feeling great.

We all know the foods you eat have a great effect on your health. By incorporating the recommendations from the course on how to live and eat healthy you will gain a better understanding of how to integrate good nutrition into your busy lifestyle.

Date: Thursday, April 22, 2010
Time: 6:00 pm - 9:00 pm
Location: MDDS Headquarters, 3690 S. Yosemite St., Denver 80237
Registration Deadline: April 8, 2010

EARLY REGISTRATION RATES (before March 15, 2010):

Two Course Package:
 MDDS Member **DISCOUNT RATE:** \$249 each
 MDDS Member staff **DISCOUNT RATE:** \$225 each
 Dentist: \$345 each
 Dentist staff member: \$299 each

Individual Courses:
 MDDS Member **DISCOUNT RATE:** \$149 each
 MDDS Member staff **DISCOUNT RATE:** \$125 each
 Dentist: \$199 each
 Dentist staff member: \$175 each

LATE REGISTRATION RATES (after March 15, 2010):

Two Course Package:
 MDDS Member **DISCOUNT RATE:** \$345 each
 MDDS Member staff **DISCOUNT RATE:** \$295 each
 Dentist: \$459 each
 Dentist staff member: \$395 each

Individual Courses:
 MDDS Member **DISCOUNT RATE:** \$195 each
 MDDS Member staff **DISCOUNT RATE:** \$159 each
 Dentist: \$249 each
 Dentist staff member: \$225 each

Wellness Series

Attendee Name: _____ Reg Category & Course Package _____

Address: _____
 City, State, Zip Code: _____
 Phone: _____ Fax: _____
 Email: _____

Payment:
 Enclosed is my check, payable to **MDDS**
 Please charge my credit card: VISA AMX MasterCard Discover

Card #: _____ Exp. Date: _____
 Billing Address: _____
 Signature: _____
 Name on Card: _____

Please complete this form and fax it to (303) 488-0177 or mail it to MDDS. Cancellations will be accepted and are entitled to a cash refund provided they are received in writing at MDDS by the registration deadline. No refunds of any kind will be given for cancellations received after the registration deadline.

Metropolitan Denver Dental Society
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