

The NLDHA are proud to present an amazing CE opportunity

Love Yourself and Others

Saturday February 16th, 2019 9AM - 3 PM

The Secrets to Long Term Health and Happiness

(75 minutes)

Join Kelly for an information seminar on the secrets of living a long, healthy and happy life according to the Blue Zones of the world. A blue zone is a longevity hotspot where people live longer and healthier lives than anywhere else in the world. Inspired by these cultures, Kelly will talk about each blue zone and reveal the 9 key factors that keep these people happy and healthy and how you can implement these qualities into your life.

Unwind, Release and Renew

(75 minutes)

Kelly will guide you through a gentle, all levels, yoga practice followed by a guided meditation that will leave you feeling renewed and refreshed. This yoga practice will be taught using modifications, so it is suitable for all levels, including beginners.

KELLY BURSEY is a registered dental hygienist, Integrative nutrition health coach and certified yoga instructor. Her goal as a health coach is to inform, empower and support you on your journey to wells so that you can make positive health and lifestyle changes to become a happier, healthier and more vibrant you!

Community Outreach Clinic

This session is designed to demonstrate how a community outreach clinic like the Gathering Place would benefit from dental hygienists, what role they would play, and what to expect in the role of dental hygienist at this clinic.

This information is not limited to the Gathering Place as it can be applied to various populations or cultures throughout Canada.

Teanne will discuss the target population, considerations such as addictions, phobias, pain, local anesthetics, history of abuse, and lack of oral hygiene information.

She will also examine the needs of the clinic and the population, and what it would take to run a clinic like this. Teanne will also offer some insight on the future of the clinic and the patient.

TEANNE MACCALLUM is a dental hygienist, and a Dental Hygiene Clinical Instructor and lecturer at Dalhousie University. Her work with the North End Dental Clinic, which is a not for profit clinic in downtown Halifax, has allowed her to discover her passion, population and community health. She is now working on her Masters of arts and education on the effects of providing health information to pre- and post-natal mothers.

Space is limited so don't miss out. Register now at NLDHA.com

Prices \$75 RDH \$85 RDA \$95 DDS

Bally Hally Golf & Curling Club, 100 Logy Bay Road, St John's, NL

Lunch is included. Please forward any dietary request asap.