

# SDAA/SDHA "Total Wellness Seminar" & SDHA AGM September 28th & 29th, 2018



Saskatchewan Dental Assistants' Association  
in collaboration with the  
Saskatchewan Dental Hygienists' Association



## LOCATION

Evraz Place, 1700 Elphinstone Street Regina SK

## SCHEDULE

### Friday September 28th

6:30-7:00 Registration  
7:00-9:00 IPC Standards in the Oral Health Care Facility

### Saturday September 29th

8:15-9:00 Registration & Breakfast  
9:00-10:15 Designing Healthy Smiles OR SDHA AGM  
10:30-12:00 Womb to Grow OR Love the Life you Lead  
12:00-1:00 Lunch  
1:00-4:00 Ergonomics in the Workplace

Registration Deadline Wednesday September 26, 2018

## TUITION

Friday Only - \$25.00

Saturday Only - \$100.00

Full Conference - \$120.00

Breakfast, Hot Lunch & Coffee Breaks provided.

SDAA members are encouraged to login online and register through the SDAA website at [www.sdaa.sk.ca](http://www.sdaa.sk.ca).

Non-members can register directly on the website or by mail, email or fax.

Online payments, cheques or money orders are accepted. Please be advised that refunds are not available unless your registration is cancelled prior to the course.

CE Credits based on sign in/sign out 1 per hour

**September 28-29, 2018**

**Enrollment Application Deadline - September 26th - 11:00pm**

**SDAA/SDHA "Total Wellness Seminar" & SDHA AGM - Evraz Place Regina, SK**

Name: \_\_\_\_\_ Affiliation (RDA,RDH,SDT, Dentist): \_\_\_\_\_ Licence No: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ PC: \_\_\_\_\_

Telephone: \_\_\_\_\_ (H) \_\_\_\_\_ (W) Email: \_\_\_\_\_

Forward application to: **SDAA**

Payment enclosed

**c/o SDAA PO Box 294 Kenaston, SK S0G 2N0**

Online payment

**Phone: 306-252-2769—Fax: 306-252-2089**

**E-mail: [sdaa@sasktel.net](mailto:sdaa@sasktel.net)**

**[www.sdaa.sk.ca](http://www.sdaa.sk.ca)**

**\*This form is only required for registrations by mail\***

**SDAA/SDHA**  
**September 28-29, 2018 “Total Wellness Seminar”**  
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**Evraz Place, 1700 Elphinstone St. Regina, SK**

**Dr. Stephanie Fox “Ergonomics in the Workplace”**



Dr. Stephanie Fox is a Saskatoon-based chiropractor and acupuncture provider. She received a Bachelor of Science degree in Biochemistry from the University of Saskatchewan and later completed her Doctor of Chiropractic degree at Canadian Memorial Chiropractic College in Toronto. She has a special interest in biomechanics and ergonomics. Accordingly, she enjoys providing simple and beneficial modifications to work and home activities in order to prevent overuse injuries or to assist workers on modified duties.

Those in the dental profession are at high risk for workplace musculoskeletal injuries. A way to help prevent these common workplace injuries is to use ergonomics or the science of altering the workplace environment to the worker. The focus of the presentation is to provide simple modifications and exercises to help prevent common dental workplace injuries.

**Jana Danielson presents “Love the Life You Lead”**



Have you ever heard the saying, “how can you possibly take care of others if you do not take care of yourself first.” Health and wellness are not a given, these concepts must be worked on everyday, but they are so much more than checking a box when you have gone for a walk or finished a fitness class. This interactive workshop lead by Jana Danielson Founder of Lead Pilates, Cycle & Fitness and Lead Integrated Health Therapies in Saskatoon, called Love the Life You Lead, will feature pragmatic strategies to making improvements to your health and wellness and we will also look at some roadblocks as well. We will touch on nutrition, hydration, sleep, movement and how all of this plays into the mental wellness that is necessary to keep us going as moms, daughters, dental professionals, partners each and everyday.

**Susan Woodley RDH**



Susan graduated from Fanshawe College in London Ontario Canada and has realized a successful career expanding three decades. She has enjoyed many aspects of her role as a dental hygienist involving clinical research, general practice, teaching, writing articles for dental publications as well as providing professional education, though the better part of her career has been practicing in orthodontics. Susan is Manager of Professional Education for Western Canada with Philips North America, and currently resides in Kelowna BC.

**Womb to Grow**

This evidence based seminar will nurture your knowledge of prenatal and pediatric oral health, reviewing the needs of pregnant clients/patients and emphasizing the establishment of a dental home. It also provides resources on how to integrate a formalized risk assessment model and new strategies to implement that assessment.

**Designing Healthy Smiles**

In this course, participants will briefly discuss new trends driving dentistry today and will discover ways that provide optimal care with lasting impressions.



**For Course Information**

Visit our website at  
[www.sdaa.sk.ca](http://www.sdaa.sk.ca) or  
Call 306-252-2769  
(feel free to leave a message  
and a call back number)