

OAKLAND COUNTY DENTAL HYGIENISTS' ASSOCIATION



THURSDAY APRIL 26, 2012

FARMINGTON COMMUNITY LIBRARY
32737 W. 12 MILE RD
FARMINGTON HILLS, MI 48331
248-553-0300 MAP

“Yoga and Stress Reduction for the Dental Professional”

With Speaker **Curles C. Colbert, Jr. DDS**

Dr. Colbert graduated from the University Of Michigan School Of Dentistry in 1978. He entered private practice in 1979. Dr. Colbert has practiced Yoga for over 25 years. He took Yoga Teacher Training with Jonny Kest at the Center for Yoga and Yoga Therapy Training with Professional Yoga Therapy Studies (PYTS) with Ginger Garner in North Carolina in 2008. He teaches Yoga locally at the Center for Yoga Studios in Birmingham, and West Bloomfield, MI. and at the Midwest Yoga Conference in Bloomingdale, IL. which is held annually. This lecture series been delivered to the Wolverine Dental Societies, Detroit District Dental Society, and most recently at the Annual Session of the Academy of General Dentistry (AGD) in San Diego, CA. Dr. Colbert practices in Detroit and also in Farmington Hills, MI where he lives with his wife Melanie D. Colbert, RDH. They have two grown children.

COURSE OBJECTIVES/OVERVIEW

Upon completion of this course, attendees should be able to:

- Recognize how the practice of dentistry incrementally increases the stress levels in the provider
- Understand how repetitive movements and poor posture contribute to acute/chronic pain in dental practitioners
- Learn how the practice of Yoga can be utilized to decrease stress, control pain and regain range of motion (ROM) leading to a longer, more satisfying and productive dental career

*** FARMINGTON COMMUNITY LIBRARY *** www.farmlib.org

6:00PM - 6:45PM Registration, Finger Food and Refreshments
6:45PM - 8:45PM Announcements and Presentation

2 CEU DEADLINE: Thursday April 19, 2012 *there may be an additional charge for late registration

ADHA Members: \$30 DDS: \$70 Staff/Other: \$40 *Make checks payable to OCDHA* No Refunds

Mail registration to: Ann Thom, RDH 805 Forestdale Royal Oak, MI 48067 - 248-398-3845 amtthom@yahoo.com



April 26, 2012 “Yoga and Stress Reduction for the Dental Professional”

** Please provide your e-mail address as we will be e-mailing handouts if they are available prior to the seminar.*

NAME: _____ E-MAIL: _____

ADDRESS (City, State, Zip): _____

DAY PHONE: _____ EVENING PHONE: _____

ADHA Member # _____ Component Name: _____ DDS _____ Staff/Other _____

____ LICENSE PLATE HOLDER X \$10.00 \$ _____ **pick up at the seminar**