

## **RIDHA Sunday Brunch 2017**

**Sunday November 5<sup>th</sup>, 2017**

**Earn 3 CEUs!**

**Crowne Plaza Hotel in Warwick, RI.**

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✿ **8:30am -9:00am – Check-in & Brunch**

✿ **9:00am – 10:45pm – ACHES AND PAINS? Learn How to Avoid Them!**

Many dental professionals have had to leave their career early due to musculoskeletal issues. Do you want that to happen to you? This evidence base interactive learning experience explains the potential causes of musculoskeletal disorders and provides you with strategies to prevent them.

- Discuss cumulative trauma disorders (CTDs) and the current facts related to the dental industry.
- Identify the Systems Theory Model of Ergonomics and how its factors relate to job demands, the environment and the influence of your movement patterns and behaviors.
- Review the use of dental equipment as it pertains to your ergonomic health.
- Identify risk and promote health to prevent CTDs to have a prolonged and healthy career!

✿ **Dr. Jason Colberg DPT, CEAS**, a Physical Therapist who specializes in injury prevention through proactive interventions, he received his Doctorate degree in Physical Therapy from Boston University, is a Certified Ergonomic Assessment Specialist and Associate Professor at Bristol Community College at The Center for Workforce and Community Education. He has provided specialized lectures and trainings for industries in MA and RI. In 2014 he established PT Health and Safety Solutions, LLC which provides injury prevention consultation, ergonomics and pre-employment physical demands assessments. He started ERGO-DENT, a specialty division that only works with dental professionals to help them prevent cumulative trauma disorders.

✿ **11:00 – 12:00pm – Yoga class**

✿ **Jane Viscolosi**, a professionally trained Yoga instructor, recently received Yoga Alliance's Registered Yoga School, RYS-200 designation and is facilitating her own yoga teacher trainings. Jane has been practicing Baptiste Power Vinyasa Yoga since 2002, teaching since 2004, and training new teachers since 2012. Jane has done all of her Yoga Alliance training hours with The Baptiste Power Yoga Institute in Park City Utah, and is on the assisting team which supports Baptiste programs worldwide. Jane has conducted workshops and co-facilitated four 200-hour Teacher Trainings at Raffa Yoga working beside Christine Raffa. She completed Advanced Yoga Teacher Training with Ana Forrest (2006) and Power Yoga Teacher Training with Beryl Bender Birch (2003). Jane has been a group fitness instructor for over 20 years, instructing classes at *Healthtrax*, *Bristol Total Fitness*, *Body Natural*, and *Boston Sports Clubs*. Currently Jane teaches yoga at Kula Vinyasa Yoga studio at Bristol Parks and Recreation, Synergy Power Yoga in Barrington, and Providence Power Yoga.

**\*Please wear comfortable clothes and bring a yoga mat or beach towel.**



Rhode Island

Dental Hygienists' Association

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**Member: \$65.00   Early: \$55.00                      Non-Member: \$85.00   Early: \$75.00**

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*[www.facebook.com/RIDentalHygienistsAssociation](http://www.facebook.com/RIDentalHygienistsAssociation)*

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**EARLY REGISTRATION DEADLINE: OCTOBER 8TH**

**LAST DAY TO REGISTER : OCTOBER 30TH**

**\*NO ON-SITE REGISTRATION\***

ADHA member?   **Yes** \_\_\_\_\_   **No** \_\_\_\_\_      ADHA membership # \_\_\_\_\_

Name: \_\_\_\_\_      RDH \_\_\_\_\_      DMD \_\_\_\_\_      Staff \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_      Email: \_\_\_\_\_

Make checks out to **RIDHA** Mail registration form to: RIDHA PO Box 41018 Providence, RI 02940

Pay Online at: RIDHA.ORG      Contact : RIDHA32@gmail.com