



Maximize Your Potential: Ergonomic & Therapeutic Yoga for Dental Professionals

SPEAKER: Caitlin Parsons, RDH, C-IAYT, CEAS



COURSE DESCRIPTION

This course is designed to teach dental professionals strategies to prevent injury, reduce pain, and optimize practitioner well-being. You'll learn ergonomic tools and tips and how to incorporate therapeutic yoga into your clinical to maximize your health. We'll review ergonomic instruments and equipment that reduce strain on the body. This course incorporates different chairside stretches, giving you new tools to start utilizing right away.

COURSE OBJECTIVES

- 1.) Identify musculoskeletal disorders prevalent among dental professionals and desk workers
- 2.) Review ergonomic tools to improve physical health for dental clinicians and desk workers
- 3.) Discover proven yoga practices, exercises, and wellness tips for dental clinicians
- 4.) Explore yoga therapy practices that clinicians can do chairside



FEATURED SPEAKER



Caitlin Parsons is a Registered Dental Hygienist of 15 years. She is a chronic pain survivor turned Certified Yoga Therapist and Ergonomic Consultant for Dental Professionals and Teams. After struggling with chronic and acute pain for half of her career, it became Caitlin's mission to help the dental industry prevent pain, stress, and burnout.

Caitlin helps dental professionals and dental teams prevent/overcome workplace pain, manage stress, and optimize their health through ergonomics, therapeutic yoga, and different wellness tools, and by creating healthier habits, so they can thrive in and out of the office. Caitlin is passionate about practitioner & team wellness to support better patient care, team cohesiveness, and practice growth through her in-person and online programs, speaking events, writing, team experiences, and podcast, *The Aligned Hygienist*. On a mission to uplevel the health of the practitioner, the patient, and the practice, Caitlin is an Ergonomics and Wellness expert, consultant, and advisor for multiple dental companies and products.

PROGRAM AT A GLANCE

	<p>SATURDAY March 30, 2024</p>		<p>Ruby Canyon Dental 2552 Patterson Rd, Grand Junction, CO 81505</p>		<p>1.5 CE Credits Subject Code: 150</p>
	<p>8:30 am Registration 9:00am - 10:30 am</p>		<p>Complimentary This event is sponsored by Ruby Canyon Dental.</p>		<p>Registration: To register for this program, go to: www.denstudyclub/rubycanyon</p>