

British Columbia Dental Hygienists' Association is pleased to present this FULL DAY WORKSHOP



PREVENT POSTURE PAIN

Myofascial Education for the Dental Hygienist



POSTURE MATTERS
AWARENESS • EDUCATION • EMPOWERMENT

Saturday, November 4, 2017

Did you know...

- 56% of Dental Hygienists eventually suffer from Carpal Tunnel Syndrome.
- Our profession is rife with chronic spine and shoulder pain, rotator cuff imbalances and headaches.
- Early burn-out is disturbingly common.

Invest in your long term health!

Learn how to implement powerful self-care strategies to prevent and remediate pain and injuries commonly experienced by Dental Hygienists.



PRESENTER: KATHLEEN KELLER

Kathleen is a Myofascia and Posture Educator based out of Momentum Health Physiotherapy Clinic in Calgary. She is a Master Pilates Rehabilitative Practitioner and a Self Myofascial Release Specialist.

Kat has 37 years of teaching experience, holds a multitude of certifications, and has been a teacher-of-teachers for 15 years.

POSTURE MATTERS provides educational programs that deliver positive and measurable postural changes, with goals to empower people to prevent age and work associated stiffness, keep their bodies supple and pain free, and transform the way they move, feel and inhabit their bodies. **POSTURE MATTERS** helps create healthier, more freely moving humans.

Location: Best Western Coquitlam Inn

319 North Road, Coquitlam, BC
2 blocks from Lougheed Town Centre
Skytrain station. Plenty of free parking.

Time: 9:00 a.m. – 5:00 p.m.

Cost: \$275

Includes:

- A Self Myofascial Release (SMR) Ball for you to keep
- Free online refresher videos
- Detailed course manual
- Lunch and nutritional breaks

WORKSHOP OUTLINE: One of the current leading shifts in health care, is the science of positive morphologic changes of connective tissues with myofascial release. This full-day workshop is a lively blend of self-myofascial release (SMR), lecture, posture, and core specific exercise. Participants will come away with a **proven self-care** strategy and the tools they need to unwind their own unproductive movement patterns.

WORKSHOP OBJECTIVES:

1. **Understand** basic myofascial properties, the nature of its connectivity and postural effects.
2. **Learn** Self Myofascial Release (SMR) techniques, a profoundly effective **self-care treatment**, you can do anywhere.
3. **Prevent** chronic spine and shoulder pain, rotator cuff imbalances, carpal tunnel syndrome and headaches.
4. **Counteract** commonly held posture issues that dental hygienists face by learning Physiotherapy & Pilates exercises.
5. **Safeguard** your ability to meet the physical demands of practice.
6. **Recognize** neutral positioning in seated and standing postures and how this relates to better core activation.

Realize your myofascial core connections, come away knowing how to truly access your core on a whole new level.

This will help you do EVERYTHING better

Come prepared to be physically engaged

REGISTER EARLY --- Space is limited --- Registration deadline: Oct. 20, 2017

To register, please go to: www.posturematters.ca/registration/

For more information, visit: www.posturematters.ca and www.kellermethodpilates.com or email: kathleen@posturematters.ca