



Massachusetts

# A GREAT OPPORTUNITY..... FOR PROFESSIONAL DEVELOPMENT

## Register now!

### *Springfield Valley and Berkshire Dental Hygienists' Associations*

### *Spotlight on the digital epidemic - Unintended consequences of modern-day devices*

*and*

### *MDHA President's - State of the State Address*

*Sunday, April 15, 2018*

*Fabulous raffle!*

#### ANNE'S UNIQUE PROGRAMS.....

view dentistry through a different lens. Anne is passionate about creating an environment that promotes exciting careers for dental professionals. Always curious, always questioning, her unique approach has created a revolution in how we think about ourselves professionally.

- Cutting edge information
- Interactive and fun
- Fabulous raffles
- Wonderful door prizes
- Exciting networking



Crown Seating Modified English  
QAC Saddle - Value \$875

Tickets: one for \$10 / Three for \$25  
No purchase limit!



**Register now!**

*Registration open to all dental professionals*

## ***Spotlight on the digital epidemic - unintended consequences of modern day devices***

Today's world demands 24/7 connectivity, creating a sense of immediacy that is hard to ignore. Years ago it would have been impossible to forecast the physical, emotional, and psychosocial impacts of these social communication changes.

Journals are filing up with alarming reports on how cell phones, tablets, lap tops and desktops are changing our bodies physically and impacting our minds. Incessant usage contributes to sedentary lifestyles, sets the stage for permanent, debilitating musculoskeletal conditions, is a root cause of distracted driving, walking and job performance, and is a contributing factor to social isolation, sleep disorders, and rising rates of device addiction.

Decades of compelling research point to a need for change. Now it is more important than ever to create and maintain a healthy workspace and adopt positive personal strategies to mitigate the hazards posed by overuse of digital devices.

- ▶ recognize how digital devices contribute to poor posture and sedentary lifestyles
- ▶ understand the emotional impact of living in a world of immediacy
- ▶ implement strategies that lessen the physical impact of work
- ▶ recognize how magnification, lighting, and safe seating can support health
- ▶ learn how the right gloves, instruments, and handpieces reduce MSD risks
- ▶ adopt behaviors that reduce the emotional impact of communication activities
- ▶ learn how certain stretches and exercises can help reverse postural discrepancies
- ▶ create a plan to improve postural health during work and play



Anne Nugent Guignon, RDH, MPH, CSP is internationally recognized for her numerous contributions to dental hygiene and dentistry over the last four decades. She is a practicing clinician, columnist, feature writer and Senior Consulting Editor for RDH Magazine and has authored textbook chapters on ergonomics and power driven scaling. Anne has been involved in the development and testing for a wide range of clinical products and equipment. She holds an adjunct faculty position at the University of Texas Dental School and was honored as the 2004 Philips RDH Mentor of the Year, received the 2009 ADHA Colgate Irene Newman Award, recognized in 2012 as one of the Top 25 Women in Dentistry by Dental Products Report, received the 2016 RDH Magazine Reader's Choice Most Effective Educator Award and nominated for the 2013 CNN Home Town Heroes Award. In 2015 Anne was awarded the National Speakers Association Certified Speaking Professional Credential, the highest earned designation for professional speakers.

## TWO (2) WAYS TO REGISTER FOR THIS CLASS!

- 1) REGISTER ON LINE [NOW](#)
- 2) REGISTER BY MAIL (SEE REGISTRATION FORM BELOW)

**\*\* Please see information below regarding early registration discount and refund policy**

### ***5 CEUs!!!***

When: Sunday April 15, 2018

Where: The Hotel Northampton, 36 King St, Northampton, MA

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#### **Register online.**

#### **Register by mail. Print registration.**

Mail with a check payable to "MDHA Components" to:

E. Jane Crocker  
689 Baldwinville Rd.  
Baldwinville, MA 01436

Name: \_\_\_\_\_

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

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

**\*\*Early registration discount (ends 3/20/2018)**

Member \$80

Non-member \$95

**Please note: No cancellations will be accepted after March 20, 2018. Refunds will be issued after April 25, 2018, and a \$25 fee will be charged for processing. Questions? Contact [admin@massdha.org](mailto:admin@massdha.org) or call 978-701-3195 for further details.**

