

HALF DAY MEETING

Featuring Best-Selling Author, James Nestor & Sleep Expert, Dr. Stasha Gominak

Presented By
SYM
FINANCIAL ADVISORS



**FRIDAY, JANUARY 28, 2022
GRAND WAYNE CONVENTION CENTER**

4 CE HOURS | 8:00 AM - 1:00 PM | CHECK-IN BEGINS AT 7:30 AM
BREAKFAST AND SNACKS WILL BE SERVED

BREATHE...SLEEP...HEAL...LIVE!



"Three Simple Steps for Healthier Sleep" Taught by Dr. Stasha Gominak:

Dr. Gominak attended college in California and medical school at Baylor College of Medicine in Houston, receiving her MD degree in 1983. She completed a Neurology residency in 1989 at the Harvard affiliated, Massachusetts General Hospital in Boston. From 1991-2004 she practiced as general neurologist in the San Francisco Bay area. In 2004 Dr. Gominak moved to Tyler, Texas and began to concentrate on treating neurological illness by improving sleep. She has published two articles since then that have revolutionized the study of sleep.

About James Nestor:

Even before the pandemic hit, rates of workplace stress were on the rise. Add to that anxiety about finances, job security, and health, and you're left with millions of people feeling burned out. Reminders to "breathe" during a time of such uncertainty and isolation run the risk of sounding banal. But according to science journalist **JAMES NESTOR**, it's actually the key to transforming our lives—more than diet, sleep, or exercise. In his instant *New York Times* bestseller *Breath*, Nestor deep-dives into an often overlooked pillar of health, and shows us how even slight adjustments to our breathing can profoundly improve everything from workplace efficiency and athletic performance, to anxiety, asthma, and sleep.

Learning Objectives:

Introduce new developments in sleep study. | Learn how to improve outcomes in sleep dentistry. | Review how breath can be utilized to improve wellbeing. | Review and draw out applications of sleep and breath and what that means for patients.

Make checks out to **IKDDS** and mail to PO Box 97, Arcola, IN 46704 or Scan QR Code to pay via credit card

CONTACT NAME:

DENTAL GROUP:

MAILING ADDRESS:

PHONE NUMBER:

EMAIL ADDRESS:

If registering for more than 1 person, please list their names below:

(These names will be on their name tags)

Registration:

(Includes breakfast, snacks, and event registration)

QTY:

<input type="checkbox"/>	IKDDS MEMBER DENTIST - \$180	<input type="text"/>
<input type="checkbox"/>	FWMS MEMBER DOCTOR - \$180	<input type="text"/>
<input type="checkbox"/>	IKDDS MEMBERS' STAFF - \$80	<input type="text"/>
<input type="checkbox"/>	NONMEMBER DENTIST - \$200	<input type="text"/>

AMOUNT DUE:



isaac knapp district dental society

PAYMENT METHOD:

Cash Check #



For more information, contact: Jamee Lock | jllock@ikdds.org

ADA C.E.R.P.® | Continuing Education Recognition Program

IDA INDIANA DENTAL ASSOCIATION



Isaac Knapp District Dental Society (IKDDS) is an ADA CERP provider approved by the Indiana Dental Association. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse quality courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. IKDDS designates this activity for 4 continuing education credits.