

## **COURSE DESCRIPTIONS**

### **Art of the Smile – Dr. Jonathan Levine**

How do we want to live our lives? Why do we do what we do? Are we satisfied with the direction of our professional and our personal lives? We have a choice- to live a life that is filled with personal and professional satisfaction or live a life that reacts to situations without vision or strategies and take on a mindset of survival. We had the choice to just try to survive through it all in a state of denial and panic or take a more proactive approach and reinvent ourselves and our strategies in the face of this new challenge. Fear can become an opportunity not a threat and the choice is ours, “ Expression vs. Depression”

In the Art of the Smile presentation, we will explore this mindset of a purpose filled life, one that drives satisfaction in our personal lives and careers. We have the opportunity to be the best versions of ourselves and bring the joy to our patients, our team, and our family and friends and ultimately, to ourselves for a more fulfilling satisfied life. We can take the path to thrive predicated on a mindset of creativity and positivity. Together, we will explore the daily tools we can use to help us get there.

### **A Tour Through Technology – Dr. Wally Renne**

Dentistry offers more technology innovations than ever before. Join Dr. Wally Renne on a tour through the various and latest technologies to provide better, safer and more comprehensive care. Dr. Renne will walk through various workflows that allow you to “connect” all the technologies as well as helpful hints when deciding which technology is right for you, your team and your practice.

### **Breath: What Every Dental Professional Needs to Know – James Nestor**

There is nothing more essential to our health and well-being than breathing: take air in, let it out, repeat twenty-five thousand times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. This sounds impossible, but it’s true. Snoring, sleep apnea, asthma, allergies, and even autoimmune diseases are among the most prevalent diseases in the modern world, and all of them can be either exacerbated, or sometimes caused, by poor breathing.

Thankfully, acclaimed author and journalist James Nestor has spent the last decade trying to figure out where we all went wrong and how we can fix it. In this eye-opening talk, he condenses years of on-the-ground research, found in the unlikeliest of places (think ancient burial sites, secret Soviet facilities, and New Jersey choir schools) into a cohesive strategy for how to improve our breathing, and therefore our life. Packed with groundbreaking information ideal for sharing with dental professionals and their patients, Nestor’s talk shows us what breathing does for our physical and mental well-being, and how we can do it better as a care-giver and as a patient.

<https://www.mrjamesnestor.com/breath>

<https://www.thelavinagency.com/speakers/james-nestor>

### **Will Your Body Retire Before You Do?**

#### **Ergonomic Positioning for Career Longevity – Dr. Bethany Valachi**

Join physical therapist Dr. Bethany Valachi as she introduces key ergonomic positioning strategies to help optimize posture, prevent pain and reduce fatigue, applicable to all clinicians and dental team members. Also discover the secret to improving patient tolerance of being reclined and positioning aids to improve visual access of the oral cavity. Learn 3 essential ergonomic features of today’s dental patient chairs and

identify the differences between positioning with flat vs. double articulating headrests. A program ideal for all dental professionals.

### **Body Language behind a Mask – Vanessa Van Edwards**

How can you read someone's emotions and facial expressions if they are wearing a mask? By using microexpressions! Join Vanessa Van Edwards as she provides tips and a general understanding to reading others' eyebrows, eyelids, and upper cheeks to easily determine how someone is feeling and even more importantly how you, as a dental professional, can portray confidence and trust (even when wearing a medical mask, eye shield, gown and headcovers). A great skill to have in everyday life but even more important when delivering healthcare and sensing when a patient shows fear, surprise, happiness, and/or contempt. Ideal with all dental professionals connecting with patients.

### **3-D Speed Reading and Referring**

As more and more dental professionals invest in 3-D cone beam technology, the ability to quickly review the scans for normalcy or pathology is more important than ever and to feel confident in what they are seeing or missing. Join Dr. Heidi Kohltfarber, Oral Maxillofacial radiologist as she presents some A,B,Cs of reviewing 3-D images chairside and determining when to treat, refer or consult for more comprehensive care and limit your liability.

### **Namaste the dental workday!**

Share the experience of movement and breathwork with the dental yogis – Cristian and Danielle. Their instruction is designed to prevent pains, increase energy, and shift from barely surviving the dental workday to thriving your way through life and your career! Ideal for all dental professionals – tailored to maximize flexibility and career longevity.

### **Lunch with Celebrity Chef Fabio Viviani!**

Download the customized grocery list and follow along with celebrity chef Fabio Viviani constructing a unique Italian Sandwich and Salad combination for the ultimate lunch break.

### **At the Table with Henry Schein**

During the lunch period and throughout the day's program enjoy highlights of Henry Schein's numerous services and partners in providing better dentistry.

### **Talent Behind the Mask™**

Many dental professionals show creativity, passion and talent away from the dental chair or laboratory bench as well. Enjoy clips of Talent Behind the Mask showcasing dental professionals and their unique talent including, dancing, singing, playing instruments, painting, etc. between education sessions.

### **ThriveLive Insights**

Join Dr. Jonathan Levine as he sits down 1:1 with leading specialists and dental leaders in a conversation on what's new in the various specialties, recommendations for technology and techniques for their referral base and sharing of exceptional cases that provide new insights into the capabilities of modern dentistry and leadership.