Your Healther Mind, Body & Spirit
A day for dental hygienists and dental therapists
Friday, February 21, 2020

MacMillian Auditorium • Minnesota Landscape Arboretum • Chaska, Minnesota

8:00 Final registration and assembly. Continental breakfast.
8:25 Welcome
8:30 Mindfulness & Resiliency in the Dental Office & at Home
- Recognize how mindfulness helps us endure adversity and adapt to stress at work and home
- Utilize mindfulness throughout the workday, particularly during stressful times
- Consider the art and science of mindful movement
- Rethink your eating strategies and help your patients and family members consider their eating habits using techniques of mindful eating
10:00 Refreshment break
10:15 Mindfulness & Resiliency in the Dental Office & at Home (continued)
11:45 Luncheon
12:30 Aromatherapy: The Balance of Body & Mind
- Consider aromatherapy to aid patients in addressing stress while in the dental chair
- Utilize aromatherapy to balance your mind at body throughout the working day
- Consider various aromas and their healing attributes, proven through evidence-based research
2:00 Refreshment break
2:15 Your Wellness Vision – Creating the Life You Want Over the Next Two Years
- Assess your own wellness inside and outside of the workplace
- Determine the wellness goals you have for yourself, co-workers, patients, and loved ones
- Chart a pathway toward wellness that is actionable and reasonable
3:45 Adjourn
Meet Our Experts

**Diane Dunlevy, RN, BA, NBC-HWC, Integrative Health & Wellness Coach**
Diane is a nationally board-certified health and wellness coach, has completed training through Wellcoaches® as well as Therapeutic® Coach training at the Meta Institute. She brings 14 years of nursing experience including positions in the emergency room, endoscopy and hospice to her work as a Wellness Coach. This combination of compassionate nursing alongside intuitive coaching enables clients to take an active role in their health and receive meaningful support and accountability to become who they want to be. Special interests include creativity, the role of spirituality in health and assisting caregivers with their own self-care. Diane has also completed a Holistic Cancer and Coaching program. In addition, she is collaborating on a pilot study to provide Wellness Coaching to patients at the Penny George Institute for Health and Healing Clinic, Woodbury, Minnesota

**Kate Dusek, NBC-HWC, Integrative Health & Wellness Coach**
Trained through the Wellcoaches® program, Kate is a nationally board-certified health and wellness coach and a certified yoga instructor. She has been working in integrative health since 1998, when she worked at the Mind/Body Medical Institute in Boston, Massachusetts. She has also completed programs for holistic cancer coaching, yoga and cancer. As part of studies funded by the Centers for Disease Control and Prevention and the National Institutes of Health, Kate trained hypertensive research subjects in the areas of mindfulness and the relaxation response. She has a background in education and yoga, which she has found especially useful in dispersing health and wellness information. Kate brings to her clients a non-judgmental and authentic listening style and a belief that all have the ability to reach their wellness goals. Her specialties include personal growth, finding balance, healthy eating, and stress reduction.

**Julie Streeter BSN, RN, HNB-BC, BCTMB, Clinical Aromatherapist**
Julie is a board-certified holistic nurse, a board-certified massage therapist and a clinical aromatherapist. She is manager of the aromatherapy program throughout Allina Health, including 12 hospitals and over 80 clinics. Julie has presented aromatherapy research at national and international conferences and was honored to attend the Second International Integrative Nursing Symposium, where she highlighted improved Allina Health patient outcomes for pain, nausea and anxiety through use of essential oils. As a board-certified holistic nurse, Julie teaches holistic nursing philosophy and integrative techniques including guided imagery, massage and relaxation breathing.
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Lori Vander Poel, MT-BC, RYT-200, Certified Integrative Health and Wellness Coach
Lori is a certified health and wellness coach with the Penny George Institute for Health and Healing. She completed her health coach training through the Mayo Clinic in 2015. She is also a certified music therapist and yoga instructor. Her work in wellness and education focuses in areas of mindfulness, self-compassion, yoga and resiliency. Lori strongly believes in helping guide those she works with to rediscover their innate wisdom on their path to enhanced wellbeing.

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