

## **A LITTLE MORE ABOUT OUR PRESENTERS:**

### **Liz Pearson**

*'Eating for Optimal Physical, Mental & Dental Health'*

This science-based, entertaining, and informative presentation is about choosing nutritious, disease-fighting, all-star foods and minimizing your intake of dietary villains to optimize your physical, mental, and dental health. It's about "letting food be thy medicine and medicine be thy food."

Liz Pearson is a Registered Dietitian and presents regularly to health professionals, corporations, associations, educators, parents, and students across North America. She was the "Ask the Expert" nutrition columnist for Chatelaine magazine for many years and appears regularly on radio and television. She's also the author of four books, including two award-winning, national bestsellers. Her latest book is called "Broccoli, Love & Dark Chocolate." Liz believes that food, love and life should be delicious. Her mission is to make your life more so!

### **Dr. Keith Da Silva DDS, MSc, FRCD (C)**

*'Clinical and Community Interventions for the Pediatric Population' and 'Infant Oral Health and Behavior Management'*

In these courses we will discuss updates and innovations in pediatric oral health care. Topics that will be covered include: infant oral health and behavior, minimally invasive dentistry, evidence-based dental public health interventions, improving access to care, and expanding the oral health care workforce.

Dr. Da Silva is an assistant professor at the College of Dentistry, University of Saskatchewan and is a specialist in dental public health and pediatric dentistry. He completed his dental training at the Columbia University College of Dental Medicine; his pediatric dentistry residency at the New York Presbyterian-Columbia University Medical Center; and his master's degree in dental public health at the University of Toronto. Dr. Da Silva is a Fellow of the Royal College of Dentists of Canada in pediatric dentistry, a candidate for fellowship in dental public health, and a diplomat of the American Board of Pediatric Dentistry. In addition to his role as an assistant professor, Dr. Da Silva is working on his PhD in public policy where his research will focus on oral health policy and health economics. He is also active within the dental community, sitting on the Board of Directors for the Canadian Association of Public Health Dentistry and serves as the chair of their Policy and Advocacy Committee, and is the Past-President of the Halton-Peel Dental Association.

### **Robin Daoust / Christina Baldwin-Prpick / Erin Ulmer**

*'An introduction to the Fundamentals of Psychosomatic Therapy'*

Come experience how the most basic learnings of Psychosomatic Therapy will allow you to better understand your patient and improve how you are able to effectively connect with them. The most basic teachings of Face Reading and simple observations of posture, will allow you to quickly understand how your patient engages with others. You will have the 'inside track' on how best to approach each individual. This learning works beautifully, enabling one to better appreciate the uniqueness of others and to interact with one another with a greater understanding. This becomes an invaluable tool that gets utilized quickly and with little effort, not only in the workplace but in many areas of life. Greater understanding allows for compassion rather than frustration and while learning about others we ultimately are learning about ourselves!