Join us for a Three-Part CE Program

Part 1 CHEW ON THIS: The Truth About Postural Hygiene
This course will provide an encompassing look at how our occupation as dental hygienists in addition to other sedentary actions can hinder our quality of life and how small daily changes can have a big impact. See full course description and presenter bios on second page.

Presenters: Jacqueline Maclearie PT, DPT, C1, Cert MDT
Risheeta Joshi PT, DPT

Part 2 Yoga for Small Spaces
Instructors Danielle Meany & Dana Occhiogrosso

Part 3 Self Care Device called the "Wallssager"
Margot Fall Massage Therapist

Sunday March 15, 2020
Time: 9:00am-12:30 Registration 8:30-9 / 3CEUs
CentraState Medical Center / Star and Barry Tobias Pavilion
901 West Main Street, Freehold, NJ 07728
Aaronson Conference Center / Park behind building A
Breakfast served

----------------------
NEW ONLINE REGISTRATION---------------------

To Register online visit; https://centralnjdha.square.site/
Registration due by March 6th, 2020
Limited Seating RSVP required to attend
No refunds, credit towards future Central NJDHA CE courses.
Posture does not consist of purely spine position; it includes all joints of the body. It is defined as the relative arrangements of the parts of the body – the state of muscular and skeletal balance – where function is most efficient and is able to support the body against injury or progressive deformities. Poor posture, while faulty, is so commonly used. This causes increased strain on the body causing less efficient balance of ourselves over our bases of support. We have the power and can gain the necessary knowledge of our daily postural stresses/habits to implement simple changes to our customary activities. This course will provide an encompassing look at how your occupation as dental hygienists in addition to other sedentary actions can hinder your quality of life and how minimal daily changes can make a big impact.

**OBJECTIVES:**

1. Identify the anatomy and bio-mechanical components of postural alignment and how it is influenced by our occupation, chores, recreational activities, daily habits of leisure and home life.

2. Understand how faulty posture, stability, and mobility adversely affect each other and influence body function, structure, and your ability to maintain your daily function.

3. Learn how poor posture and body alignment develop, and how these conditions can increase the chances of postural dysfunction, back pain, and future risk of invasive procedures.

4. Gain knowledge to improve your ergonomic set up, create your own preventative program including exercises and stretches in order to manage your postural health now and in the future.

5. Recognize when medical advice is needed and when self-methods to identify source or cause of symptoms fail to relieve pain or other symptoms.

**PRESENTERS:**

Jacqueline Maclearie PT, DPT, C1, Cert MDT

Risheeta Joshi PT, DPT

Jacqueline and Risheeta have a combined 23 years of experience, 8 total at CentraState Medical Center where they have been working to further develop a posture program. This has focused on such diagnoses as osteoporosis, scoliosis, spine pain, other conditions related to poor postural habits on all joints of the body. Jacqueline and Risheeta have both taken continuing education courses through The McKenzie Institute and The Meeks Method as well as other orthopedic pathways which have instilled a fully encompassing knowledge and treatment of different ailments. At CentraState, they work diligently with patients to prevent future injuries and discover how their daily postural choices affect all parts of our body’s ability to function.