



Illinois

Dental Hygienists' Association

West Suburban/Fox Valley Dental Hygienists' Association is proud to present:



**MARGARET CONNOR MS, RD,  
LDN**

Margaret is a registered and licensed dietitian with extensive experience in the field of nutrition and wellness with a particular passion for treatment of metabolic disease. She graduated from the University of Illinois at Urbana-Champaign, and completed her dietetic internship and graduate work at the Mayo School of Health Sciences and at Benedictine University. Her current position is with Nestle Health Sciences. Marge also consults for

corporate clients with their health and wellness initiatives and is an instructor at the college level in medical education programs and professional continuing education.

**6 Simple Nutrition Strategies for Vibrant Health!**

Dental professionals are perfectly placed to instruct patients on healthy behaviors! Explore the emerging research linking eating patterns to oral health by narrowing in on six key strategies. While Americans usually think of healthy eating as being restrictive, cultures from around the world have built nutritional environments that support vibrant health. Learn how these customs are celebrated while translating them into patient friendly messages. This class will include a demonstration of nutrient-packed recipes from around the globe, along with some sampling.

**Beyond the Operatory**

Join us as we have a lively discussion with our local RDH colleagues that have chosen hygiene careers outside the operatory. Learn about other careers that use your hygiene degree, or learn how to use your degree in other fields. Fields represented will include education, public health, consulting, international dental mission trips, sales, imaging trainer and more.

**Sunday  
January 27, 2019**

9 - 4  
Registration begins at  
8:30 am

**7 CEU's !!**  
Continental Breakfast  
and Lunch Included

**Location:**  
Geneva Golf Club  
831 South St.  
Geneva, IL 60134

Register @  
<https://www.cezoom.com/>

**Early Bird Rates by  
1/6/19**

IDHA Members: \$55  
Potential Members: \$75  
Students: \$5

**Questions?**  
Contact Chris Bethel  
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**NO REFUNDS**