

Women and We-laxation Weekend

October 23-25, 2015

Grandview Lodge in Nisswa, Minnesota

With all the stress and demands in life, it can be hard to find the time to stop, breathe and take care of yourself. Ladies, we are busy! Whether focused on families, proving ourselves at work, juggling all the little issues of life - or all of the above - it's far too easy to put off allowing time for YOU to actually have fun and just be you!

Well, we have the answer! Gather your dental girlfriends for a weekend of relaxation and reconnection for the weekend getaway!

Registration

Fee: \$40

Includes CE and event materials and wine and cheese reception.

Lodging

Rooms are available at the Grandview Lodge. Single lodging is \$306.00 per person, per night. Double occupancy is \$222.00 per person, per night. All costs include five meals. If you do NOT need lodging, there are several other plans available.

Speakers/CE

Molly Beckstrom is speaking on Saturday and Bridgett Anderson is the speaker on Sunday. Join them for two intriguing seminars and obtain 3 hours of continuing education credits.

Spa

Treat yourself to a little R and R at Glacial Waters Spa! Call the spa directly at 866-867-8939 to make your reservations today!

Schedule *

Friday, October 23

4:30 p.m. Check-in

5:30 - 6:30 p.m. Registration

6:00 - 7:00 p.m. Social, Wine, and Cheese Reception

7:15 - 9:00 p.m. Dinner and networking

(round table discussions)

Saturday, October 24

8:00 a.m. Breakfast

9:00 a.m. - Noon Molly Beckstrom

"Assertive Communication for Difficult Conversations"

Noon - 1:00 p.m. Lunch

1:00 - 3:00 p.m. Art Pub

3:00 - 6:00 p.m. Open time. Suggested activities include: spa, go for a run, relax or read

6:30 - 8:30 p.m. Dinner and networking

9:00 p.m. Campfire

Sunday, October 25

8:00 - 9:15 a.m. Breakfast

9:00 - 10:30 a.m. Bridgett Anderson

"2016 Dental Regulatory Update:

Support and Guidance for Your Practice"

11:30 a.m. Check out

**This schedule is subject to change.*

Meet the Speakers & Register

Saturday, October 24, 2015



Molly Beckstrom

Molly Beckstrom has over 15 years of Employee Assistance Program experience. She holds a Master's degree (MA), is a Certified Employee Assistance Professional (CEAP). Molly develops and delivers trainings for client companies on a wide variety of work/life, health and wellness topics. She has training in Crisis Management and provides critical incident stress debriefings. Molly will be speaking how to manage difficult conversations and how to reframe them. Participants will also learn assertive communication skills that will make a difficult conversation more comfortable to have. She will also be speaking on building personal resiliency and energy management.



Group Activity: Art Pub

The Traveling Art Pub is a way to explore your creative side, and celebrate local community through art, culture, food and friendship. Enjoy a casual, relaxed and social setting all while creating your very own masterpiece! Each TAP event will feature an inspirational art piece and will be lead with step-by-step instructions by our TAP artist. Beverages and light hors d'oeuvres will be provided.

Sunday, October 25, 2015



Bridgett Anderson, LDA

Bridgett Anderson has over 12 years experience in the dental field. Her expertise ranges from clinical dentistry to dental office management and regulation. Her current position is Regulatory Affairs Manager for the Minnesota Dental Association. She is very active in the dental community, providing education and resources for clinics on regulatory and practice management issues.

Registration

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip Code _____

Email Address: _____

Phone number _____

Registration Fee \$40 (all attendees must pay) \$ _____

Saturday sessions + Sat lunch + Sunday sessions
(no dinners or breakfasts) = \$107/person \$ _____

Meal plans (with no lodging):

Sat. or Sun. breakfast - \$22 ea day/person \$ _____

Saturday & Sunday sessions w/out any meals
(no breaks or lunch) = \$75/person \$ _____

Fri or Saturday dinners = \$55 ea night/person \$ _____

Total \$ _____

If you DO need lodging, please make reservations, which includes meals, through the Grandview Lodge by September 30.

Credit Card Number _____ Exp. Date _____

Name of Card _____

Signature _____

***Please make checks payable to the Minnesota Dental Association.**

Registration Deadline: October 17, 2015

Complete registration form and mail or fax to:

Minnesota Dental Association | 1335 Industrial Boulevard | Suite 200 | Minneapolis MN 55413-4801 | f) 612.767.8500