

# Women and We-laxation Weekend

## October 24-26, 2014 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 \$301.41 per person, per night. Double occupancy is \$216.91 per person, per night. All costs include five meals. If you do NOT need lodging, there are several other plans available.

Speakers/CE

Barb Tako is speaking on Saturday and Bridgett
Anderson is the speaker on Sunday. Join them for two
intriguing seminars and obtain 2 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 24

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 25

8:00 a.m. Breakfast

9:30 a.m. - Noon Barb Tako

"Clear Clutter & Organize Your Home & Office for Yourself, Your Staff, & Your Patients"

Noon - 1:00 p.m. Lunch

1:00 - 2:00 p.m. Group activity

2:00 - 6:00 p.m. Open time. Suggested activities include: spa, wine tasting event (\$45 from 4:45 - 6:00 p.m.), go for a run, relax or read.

6:30 - 8:30 p.m. Dinner and networking 9:00 p.m. Campfire

#### Sunday, October 26

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

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

"2015 Dental Regulatory Update:

Support and Guidance for Your Practice"

11:30 a.m. Check out

<sup>\*</sup>This schedule is subject to change.

# Meet the Speakers & Register

### Saturday, October 25, 2014



Bark Tako

Barbara Tako is a clutter-clearing expert, speaker, and writer. She shares her techniques with business wellness seminars, parenting organizations, church groups, and other venues in the Midwest. She has been published numerous times in the Minneapolis Star Tribune, featured in the St. Paul Pioneer Press, and interviewed by Ruth on the RK radio talk show. Business clients have included: 3M, Medtronic, Target, and Securian.

### Sunday, October 26, 2014



### 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. She is active in member organizations including the Organization for Safety Asepsis and Prevention, the American Dental Assistants Association and the American Association of Dental Office Managers. She is also an affiliate member of the Academy of General Dentistry.

## Registration

Complete registration form and mail or fax to:

First Name	Last Name	45.00	
Address			
Dity		Zip Code	
Email Address:	1		
Phone number		The state of the s	
Registration Fee \$40 (all attendees must pay) \$	Saturday sessions + Sat lunch + Sunday sessions		
Wine Tasting \$45 \$	(no dinners or breakfasts) = \$107/person \$		
Meal plans (with no lodging):	Saturday & Sunday sessions w/out any meals		
Sat. or Sun. breakfast - \$22 ea day/person \$	(no breaks or lunch) = \$75/person		
Fri or Saturday dinners = \$55 ea night/person \$		Total	\$
f you DO need lodging, please make reservations, which	n includes meals, through	n the Grandview Lodg	e by September 24.
Credit Card Number	Exp. Date		
Name of Card			
Signature			
Please make checks payable to the Minnesota Dental	Association. Reg	gistration Deadline: (	October 17, 2014

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