

Wellness

THE BEST GIFT FOR YOURSELF



156TH

ANNUAL SESSION

APRIL 11 – 12, 2024

EMBASSY SUITES / LAVISTA CONFERENCE CENTER

LAVISTA, NEBRASKA

REGISTRATION PACKET



**THIS IS YOUR NDA
ANNUAL SESSION
REGISTRATION PACKET.**

No individual registration
packets will be mailed. Please
tear out this insert and share
with your dental team.

Welcome to the NDA 2024 Annual Session!

The focus of the meeting this year is wellness.

We know that many of us are exhausted, both mentally and physically. Amid our rigorous schedules, it is important to set aside time to care for your personal wellness. We will have a variety of wellness areas throughout the exhibit hall and are looking forward to a busy, energetic, and informative event at the Embassy Suites in LaVista, Nebraska, on April 12, 2024. Please bring your staff and enjoy a full day of continuing education, along with some great conversation with your colleagues.

Our goal this year was to provide a variety of courses, in shorter lengths, that would appeal to every team member. Our hope is that this schedule will be more relaxed and provide you with an adequate amount of time to visit the exhibit hall. During the breaks we will have a few opportunities for you to listen to a couple of different wellness speakers. We encourage you to visit the exhibit hall where our exhibitors will be eager to show you the latest innovations in the dental profession. We also realize that lunch options are limited in the area, so we will once again be offering our members a complimentary boxed lunch.

As you leave the meeting, feel free to grab a cold beverage and a light snack before heading home.

On the following pages you will find all the details about the meeting. Please keep this booklet handy and refer to it as we get closer to the meeting.

We hope to see you on April 12, 2024!

Sincerely,



Dr. Carolyn Taggart-Burns, NDA President

2024 CORPORATE SPONSORS

(as of date of printing)

Gold Level Sponsors > \$5,000

Ameritas
Blue Cross Blue
Shield of Nebraska
Diers Agency (B & B Protector Plan)
Molina Healthcare of Nebraska
United Healthcare Community
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Schedule of Events

All events at the hotel unless otherwise specified

THURSDAY, APRIL 11	SESSION/ EVENT #	DESCRIPTION
8:00 a.m. to 1:00 p.m.	--	Board of Trustees Meeting & Lunch
1:30 p.m. to 4:30 p.m.	--	House of Delegates Meeting
4:30 p.m. to 6:00 p.m.	--	Leadership Reception
6:00 p.m.	A	Leadership and Awards Dinner
FRIDAY, APRIL 12	SESSION/ EVENT #	DESCRIPTION
7:00 a.m. 1:00 p.m.	--	NDA Registration
7:30 a.m. to 5:00 p.m.	--	Exhibit Hall
8:00 a.m. to 10:00 a.m.	1	Dr. Ashley Clark – “Potentially Malignant Conditions”
8:00 a.m. to 9:30 a.m.	2	Dr. Ankur Gupta – “Turning Ordinary into Extraordinary”
9:30 a.m. to 10:30 a.m.	3	Dr. Molly McNeely – “Mindful Leadership at Office 101” (Exhibit Hall)
10:00 a.m. to 11:30 a.m.	4	Dr. Ankur Gupta – “I Want my Back Back: Identifying and Mitigating Factors That Make Even the Most Successful Dentists Miserable”
10:30 a.m. to 11:30 a.m.	5	Dr. Ashley Clark – “Oral Cancer”
11:30 a.m. to 12:30 p.m.	6	Nebraska Safety Council, Presented by Kelsey Pruss, Wellness Services Manager – “Emotional Wellbeing in the Workplace” (Exhibit Hall)
11:30 a.m. to 1:00 p.m.	B	NDA Early Career Dentist “Lets Do Lunch”
11:30 a.m. to 1:00 p.m.	C	American Association of Women Dentists
11:30 a.m. to 1:00 p.m.	D	Nebraska Society of Periodontists Lunch
11:30 a.m. to 1:00 p.m.	E	Past President’s Lunch
11:30 a.m. to 1:00 p.m.	F	Southeast District Dental Society Lunch
12:30 p.m. to 1:30 p.m.	7	Whitney Crist, RDH, CES, CPT, CNC, FADHA – “Unlocking Efficiency and Vitality in Dentistry Through Ergonomics” (Exhibit Hall)
1:00 p.m. to 3:00 p.m.	8	Dr. Ashley Clark – “Common Oral Lesions”
1:00 p.m. to 2:30 p.m.	9	Dr. Ankur Gupta – “Implant Retained Removables: The Least Stressful Replacement Option”
2:30 p.m. to 3:30 p.m.	10	Dr. Molly McNeely – “Mindful Leadership for the Individual Professional 102” (Exhibit Hall)
3:00 p.m. to 4:30 p.m.	11	Dr. Ankur Gupta – “Mitigating Miserabl-odontics: The Tools and Techniques that HELP Make the Most Difficult Procedures in Dentistry Easier, Predictable, Less Painful, and MORE SUCCESSFUL”
3:30 p.m. to 4:30 p.m.	12	Dr. Ashley Clark – “Ulcerative Lesions of the Oral Cavity”
4:30 p.m.	--	Departing Cocktails (in the exhibit hall)

Hotel

The Embassy Suites Omaha-LaVista Hotel & Conference Center 12520 Westport Pkwy, LaVista, Nebraska is the host hotel for the 2024 Annual Session April 11-12, 2024.

The Embassy Suites Omaha – LaVista Hotel & Conference Center has set aside a block of rooms for the NDA for the period of Thursday, April 11, 2024, to Saturday, April 13, 2024, at a rate of \$144 per night for single or double occupancy. Make your reservations directly with the hotel on or before March 11, 2024.

To make your reservations, use the link on the NDA website at www.nedental.org. If you prefer to make your reservations by phone, please contact the hotel at 402-331-7400 and say that you are with the “NDA”.



So that we can fill our room block, we ask that you inform the hotel that you are with the NDA meeting, even if you are using hotel points. Thank you in advance for your cooperation.

Exhibit Hall

The exhibit hall is open on Friday, April 12, 2024, from 7:30 a.m. to 5:00 p.m. Please stop in the exhibit hall to support those who support our meeting. A name badge is required for admittance. Any member of the NDHA or the NDAA wishing to visit the exhibit hall may do so with their association name badge.

This year we have several speakers who will be presenting in the exhibit hall during breaks and at lunch, as well as a wellness area.

We have built in some seating areas where you can visit with company representatives or colleagues, so please do not pass up the opportunity to do so!

Continuing Education

The NDA is the best place to earn your continuing education credits. Coordinated by a team of volunteers and NDA staff, and supported by generous sponsors, the NDA Annual Session offers dental professionals the opportunity to earn CE in person while networking with colleagues. You simply cannot get this by doing online CE courses. Attendees will scan the session QR code at the end of the presentation to fill out a short survey and obtain their CE slip. **Continuing education hours are listed on each individual session.**

Registration Fees

This year we will offer a NEW day pass for dental team members. This pass will include access to all continuing education courses or presentations, access to the exhibit hall, as well as departing cocktails and appetizers. With this day pass, there is an opportunity for dental team members to attend up to eight different presentations.

As a recruitment tool for the NDA, we are offering non-members the opportunity to pay a \$500 registration fee for their first meeting. This fee can then be applied to the cost of ADA/NDA dues, if paid within thirty days of the meeting.

Each attendee must register individually for each session that they wish to attend.

- **NDA Dentists may attend all CE with paid 2024 dues.**
- **Hygienist - Day Pass - \$150**
- **Dental Assistant, Office Staff, and Spouse - Day Pass - \$100**
- **ADA member from another state - \$250 registration fee***
- **Non-Member - \$500 registration fee****

**Due to a reciprocal agreement, South Dakota and North Dakota dentist members may attend CE for no additional charge*

***For their first meeting, non-members can pay a \$500 registration fee to attend the meeting. This fee can then be applied to the cost of ADA/NDA dues, if paid within thirty days of the meeting*

Speaker



Ashley Clark, DDS

Dr. Ashley Clark is a board-certified oral pathologist currently serving as the Vice President of CAMP Laboratory in Indianapolis, Indiana after a nearly decade-long career serving as an oral pathologist in academia. She is on the Professional Board for Oral Cancer Cause and Digital Dental Notes and the Advisory Board for General Dentistry. Dr. Clark has won several teaching awards, has provided over 150 continuing education courses, and has authored more than 50 publications and book chapters. She is a member of the American and International College of Dentists. For a free biopsy kit, please email aclark@camplaboratory.com.

Session 1: Potentially Malignant Conditions

FRIDAY, APRIL 12
8:00 A.M. – 10:00 A.M. | 2 CE

This course is designed to provide an overview of premalignant lesions found in the oral cavity. Participants will learn about how these lesions frequently present and understand how to formulate a proper treatment plan for their patients. Leukoplakia and erythroplakia will be among the findings discussed in detail.

OBJECTIVES:

- Discuss common presentations of potentially malignant disorders.
- Compare leukoplakia with other white lesions of the oral cavity.
- Discuss how to appropriately manage patients with potentially malignant disorders.

Break – 10:00 a.m. to 10:30 a.m.

Session 5: Oral Cancer

FRIDAY, APRIL 12
10:30 A.M. – 11:30 A.M. | 1 CE

This course will provide the dental team with a review of oral cancer, including discussion of HPV-related lesions. When and where to refer these patients will be discussed.

OBJECTIVES:

- Determine where oral cancer is most likely to occur.
- Discuss differences between human papillomavirus-driven oropharyngeal squamous cell carcinoma (SCCa) and conventional SCCa.
- Determine when and where to refer patients.

Lunch Break – 11:30 a.m. to 1:00 p.m.

Session 8: Common Oral Lesions

FRIDAY, APRIL 12
1:00 P.M. – 3:00 P.M. | 2 CE

This course is designed to inform the participant about various oral pathologic lesions of the oral cavity. The oral health care professional should be able to identify common lesions and understand how to manage patients with such conditions.

OBJECTIVES:

- Identify common lesions of the oral cavity during routine examination.
- Determine how to properly manage patients presenting with various oral pathologic lesions.
- Discuss the treatment plan and prognosis of various oral pathologic lesions with patients.

Break – 3:00 p.m. to 3:30 p.m.

Session 12: Ulcerative Lesions of the Oral Cavity

FRIDAY, APRIL 12
3:30 P.M. – 4:30 P.M. | 1 CE

This course is designed to inform the participant about ulcerative lesions of the oral cavity ranging from common entities to more rare dermatologic conditions with oral manifestations. Treatment and management of patients with these ulcerative conditions will be reviewed for each entity.

OBJECTIVES:

- Recognize ulcerative conditions of the oral cavity.
- Determine a differential diagnosis for ulcerative lesions.
- Discuss appropriate treatment and follow-up measures for patients with oral ulcerations.

Speaker

Ankur A Gupta, DDS



Ankur A Gupta, DDS, after completing a one-year GPR in Cleveland, started a practice from scratch in 2005. Armed with what he considered adequate dental knowledge, hand skills, and a personable demeanor, he watched as his practice floundered, finances became unpredictable, and his lower back and spirit toward his profession became worrisome. Rather than continue the trend, he made a guinea pig out of his office, family, and self, attempting all personal and professional “experiments” in self-improvement.

More than a decade later, he enjoys an excellent practice, a solution oriented dental team; and most importantly, a meaningful and positive identity. He happily shares the failures and successes with dental and community groups throughout the country, always ending his presentations with practical, implementable, step-by-step ways to be better.

Dr. Gupta graduated from the University of Michigan School of Dentistry in 2004. In 2005, after completing a one-year General Practice Residency in Cleveland, Ohio, he, and his partner Dr. Nisha Gupta, started North Ridgeville Family Dentistry. In addition to founding North Ridgeville Family Dentistry, Dr. Gupta is a member of the American Dental Association, Greater Cleveland Dental Society, Ohio Dental Association, ADA Success Speaker Corp and an active board member and a speaker for Catapult Education's Speaker Bureau.

Dr. Gupta is an AGD/PACE certified provider.

These lectures are Sponsored by:

Dentatus, Kettenbach, PerioProtect, Pearl, Reach, and Ultradent

Session 2:

Turning Ordinary into Extraordinary

FRIDAY, APRIL 12

8:00 A.M. TO 9:30 A.M. | 1.5 CE

Every office is made up of individuals who all possess a multitude of flaws. In even the most dynamic, successful, consistently happy organizations, there still exists flawed individuals, far from perfect. How did a group of ordinary people create something extraordinary? Vision, systems, personal reflection, honesty about our own unique drawbacks, along with many more pragmatic and attainable frameworks that all dental offices can create. Dr. Gupta will not only introduce steps to take in order to optimize the practice structure, but will also challenge each participant to reflect upon their own personal daily habits and routines, and how small changes can lead to a much improved practice and personal life.

OBJECTIVES:

- Gain strategies and tools for inspiring a culture of self-directed leaders in the practice
- Explore a culture of autonomy in which team members feel ownership with practice improvement and implementation
- Identify internally designed accountability systems
- Completely re-think the norms of the patient experience

Break – 9:30 a.m. to 10:00 a.m.

Gupta sessions continued on next page

Ankur A Gupta, DDS (continued)

Session 4:

I Want my Back Back: Identifying and Mitigating the Factors That Make Even the Most Successful Dentists Miserable

FRIDAY, APRIL 12

10:00 A.M. TO 11:30 A.M. | 1.5 CE

Despite the myriad of benefits that dentists get to enjoy, including a high income, a less-than 5 day workweek, and the opportunity to be a business owner, many are miserable. This can be sourced to four main factors: body pain, isolation, un-needed stress, and debt. In this presentation, Dr. Gupta shares the stories of many dentists, and how they intentionally changed the trajectory of their lives.

OBJECTIVES:

- Discover the #1 happiness and relationship killer that also affects your ability to perform more comprehensive dentistry;
- Illuminate the long-term impact of poor posture and a sedentary lifestyle to the dental team;
- Gain a daily core strength routine that can affect your overall quality of life;
- Examine the culture, habits and health of those living in Blue Zones and learn why they live disproportionately longer lives;
- Recognize the barriers, benefits and steps for integrating a mindful approach everyday;
- Explore the long term physical/psychological implications of a "constantly plugged in" life
- Identify steps to prevent and treat burnout.

Lunch Break – 11:30 a.m. to 1:00 p.m.

Session 9:

Implant Retained Removables: The Least Stressful Replacement Option

FRIDAY, APRIL 12

1:00 P.M. TO 2:30 P.M. | 1.5 CE

When faced with either partial or full edentulism, the options that are available to most patients are often limited to either conventional dentures, which are poorly retained, or implant-

retained fixed prostheses, which are very expensive, complicated, and stressful for the providing dentist. Implant retained removable dentures are a wonderful "middle-ground" option. The problem is that they require knowledge and comfort with all the tiny parts and pieces needed for successful execution. In this entertaining and highly practical presentation, Dr. Gupta simplifies this process, providing a simple, step-by-step guide from the new patient consult all the way to final seating.

OBJECTIVES:

Gain a general overview of all long-span replacement options, and understanding the benefits and limitations of each;

Discover the long-term benefits that implant retained removable options uniquely create;

Attain clear understanding of the details, steps, and supplies needed from start to finish;

Understanding several internal and external marketing strategies to individuals in your community who are frustrated with their ill-fitting dentures.

Break – 2:30 p.m. to 3:00 p.m.

Session 11:

Mitigating Miserabl-odontics: The Tools and Techniques That HELP Make the Most Difficult Procedures in Dentistry Easier, Predictable, Less Painful, and MORE SUCCESSFUL.

FRIDAY, APRIL 12

3:00 P.M. TO 4:30 P.M. | 1.5 CE

Experience is an excellent teacher, and there is no doubt that, as we progress through the years as clinical dental practitioners, certain techniques and procedures become easier. Sadly, there are still certain situations in the operatory that continue making us miserable. Blood, chubby cheeks, margins that are difficult to reach or visualize, all manage to make our days just a little more frustrating, inefficient, and unpredictable. In this entertaining and highly relatable presentation, Dr. Gupta shares several techniques, strategies, and products that sometimes eliminate, and always mitigate some of that operatory misery.

OBJECTIVES:

- Discover the products that HELP make dentistry more ergonomic and friendly FOR our backs, necks, and hands;
- Discover the advances in technology that minimize the most stressful clinical situations;
- Learn about updates in clinical dentistry that aid in isolation and hemostasis.

Speaker

Molly McNeely, DDS, FAGD, MAGD



Dr. Molly McNeely has been a seasoned dental practice owner for more than 20 years. Her mission is to empower other dental professionals to redefine success. Having personally navigated the spectrum from chaos to contentment, Dr. Molly understands the transformative power of shifting internal dialogues to influence external circumstances. Beyond dentistry, she is an avid yoga practitioner, hiker, and emotional and mental health champion. Committed to community upliftment, she volunteers locally and extends her impact through coaching and mentoring. Join her and embark on a journey of self-creation to harness the power within you.

Session 3:

Mindful Leadership at Office 101

FRIDAY, APRIL 12

9:30 A.M. TO 10:30 A.M. | 1 CE*

You do not stumble upon your life; you are creating it.

If you are not enjoying your practice, why not make some changes? What is keeping you from living life on your terms? Dr. McNeely invites you to begin by focusing on your internal game. Redefine leadership & success to find your peace. Learn creative ways to create a healthy culture in your practice, build & empower your team, and sell treatment by being more authentic.

OBJECTIVES:

- Redefine leadership & success
- Empower attendees to live their passion
- Create a healthy office culture
- Sell treatment with integrity
- Team building & communication
- Question your internal game

Session 10:

Mindful Leadership for the Individual Professional 102

FRIDAY, APRIL 12

2:30 P.M. TO 3:30 P.M. | 1 CE*

Join Dr. McNeely as she delves into the art of resilience in dentistry—navigating mistakes, patient departures, and overcoming bad reviews through a personalized mindset shift. Discover the power of rewriting your story, mastering stress, and turning perfectionism into a strength. Elevate your dental career (and life) by focusing on the unshakable power of you. Your choice to attend isn't just an hour; it's a pivotal step toward lasting transformation.

OBJECTIVES:

- How to handle mistakes, patients who leave, & bad reviews
- Rewiring your mindset
- Learning to practice in peace
- Using perfectionism as a strength
- Mindfully handling your stress & overwhelm

**These presentations qualify as practice management continuing education and can be used towards the four (4) hours allowed every license cycle.*

Speaker



Kelsey Pruss, Wellness Services Manager Nebraska Safety Council

Kelsey has been working in a variety of health and wellness ventures for the last 14 years. Her experiences span from group fitness and personal training, to teaching nutrition at the college level, and multiple stints in a corporate wellness setting! Ms. Pruss specializes in education, public speaking, health coaching, and program development.

Session 6:

Emotional Wellbeing in the Workplace

FRIDAY, APRIL 12

11:30 A.M. – 12:30 P.M. | 1 CE*

Mandatory overtime, unprecedented staffing shortages, financial instability — it's no wonder employee morale is at an all-time low. Workers are experiencing higher levels of anxiety and depression, which impacts more than 16 million Americans and costs the U.S. economy more than \$210 billion per year in absenteeism, reduced productivity, and medical costs.

Mental health includes our emotional, psychological, and social well-being, and it affects how we think, feel and act. It also helps determine how we handle stress, relate to others, and make healthy choices. With the growing numbers of mental health-related incidents in the workplace, it is our responsibility to educate ourselves about mental health well-being and learn the proper tools to manage it effectively and create a safe working environment.

OBJECTIVES:

After participating in this session, attendees should be able to:

- Recognize mental health as a national and local public health crisis.
- Identify personal stressors and their response to acute and chronic stress.
- Define the Fight Flight response and its physical and psychological impact on overall health and well-being.

**This presentation qualifies as practice management continuing education and can be used towards the four (4) hours allowed every license cycle.*



Speaker



Whitney Crist, RDH, CEAS, CPT, CNC, FADHA

Over her 12 years practicing as a dental hygienist, Whitney has become a noteworthy leader within the dental hygiene community. As a speaker, clinician, and adjunct faculty educator, Whitney enjoys sharing her knowledge and passion for dentistry. She channels her dedication to aiding dental professionals in achieving pain-free work through her business endeavor, Dentistry Rebalanced. Holding certifications as a Certified Ergonomic Assessment Specialist, Certified Personal Trainer, Essentrics Instructor, and Certified Nutritional Coach, Whitney brings a comprehensive approach to her mission.

This Presentation sponsored by LumaDent

Session 7:

Unlocking Efficiency and Vitality in Dentistry through Ergonomics

FRIDAY, APRIL 12

12:30 P.M. TO 1:30 P.M. | 1 CE

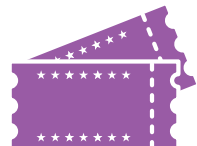
It is well established that dentistry takes a toll on the body with many professionals struggling with musculoskeletal disorders – often shortening clinician's careers and impacting their overall life. This interactive course will explore solutions to dentistry's pain problem. By delving into proper ergonomics, strategies for achieving a neutral posture, and a hands-on demonstration with an operator chair, clinicians will begin their path toward career longevity.

OBJECTIVES:

- Acknowledge the significance of ergonomics in dentistry and gain a foundational understanding of neutral posture
- Identify the relationship between poor posture, muscle imbalances, and chronic musculoskeletal pain
- Discuss practical strategies, tools, and products that can assist in improving ergonomics

Attendees joining this presentation will be entered into a drawing for a Crown Seating Saddle Stool. (Valued at \$850)

MUST BE PRESENT TO WIN!



COMPLIMENTARY BOXED LUNCH FOR NDA MEMBERS!

We know that lunch options are limited in the area so we invite all NDA member dentists to enjoy a boxed lunch on us! **If you would like to take advantage of this offer, you must select the boxed lunch option on the registration form. To avoid duplications, if you are attending any of the specialty lunches, please do NOT sign up for this boxed lunch.** A ticket will be provided in your registration materials that you can turn into hotel staff at the back of the exhibit hall beginning at 11:30 a.m. on Friday to obtain your lunch.

Additional boxed lunches are available for your staff at a cost of \$25 each **(this is less than our cost)**. Please order lunches on the registration form.

Social Events

(All social events are at the hotel unless otherwise noted, and do require registration.)

Leadership Reception

Thursday, April 11, 2024

4:30 p.m. to 6:00 p.m.

Embassy Suites Omaha /
LaVista Conference Center

NDA Leadership, award honorees, and visiting guests, are invited to attend a Leadership Reception from 4:30 p.m. to 6:00 p.m. Light appetizers and cocktails will be provided.

Registration not required.

Event A

Leadership and Awards Dinner

Thursday, April 11, 2024

6:00 p.m.

Embassy Suites Omaha /
LaVista Conference Center

NDA Board of Trustee members and award honorees may attend the Leadership and Awards Dinner for no charge, but registration is required.

Each year the NDA honors those members who have made outstanding contributions to organized dentistry. These individuals will be recognized at a dinner on Thursday, April 11, 2024, at 6:00 p.m. We will honor dentists celebrating 50 years in dentistry, those awarded with ADA life status, the NDA Hall of Fame, the NDA Young Professional, and the President's Award.

\$30 pp. | Register for Event A

Cash Bar

Honorees and NDA Board of Trustee members may attend for no charge.

Event B

NDA Early Career Dentist

"Let's Do Lunch"

Friday, April 12, 2024

11:30 a.m. to 1:00 p.m.

Embassy Suites Omaha /
LaVista Conference Center

We would like to invite NDA early career dentists (those practicing ten years or less) to "Let's Do Lunch" at the NDA Annual Session at 11:30 a.m. on Friday, April 12, 2024, at the Embassy Suites in LaVista, Nebraska. The Foster Group, our

lunch sponsor, will make a short presentation about finances. Attendees will then participate in a round table discussion on some of today's hot button topics.

Grab a complimentary healthy salad lunch and connect with your friends and colleagues. Let's choose to connect and grow together to improve our profession for the future! "Let's Do Lunch" on April 12, 2024!

No charge | Register for Event B

Registration for this event includes a lunch.

This luncheon Sponsored by:



Events C – F

Specialty Groups

Friday, April 12, 2024

11:30 a.m. to 1:00 p.m.

Embassy Suites Omaha /
LaVista Conference Center

We would ask that you please register for the specialty group events using the event codes provided in the registration materials. This will enable us to give an accurate count for meals.

Register for Events C – F

Departing Cocktails

and Appetizers

Friday, April 12, 2024

Immediately following CE in the exhibit
hall

(approximately 4:30 p.m.)

Take a couple of minutes on your way out to grab a cold beer, a glass of wine, or a quick snack. It's our way of thanking you for attending the meeting

No Charge



Event B | NDA Early Career Dentist

"Let's Do Lunch!"

Early career dentists (those practicing ten years or less) are invited to "Let's Do Lunch" at the NDA Annual Session at 11:30 a.m. on Friday, April 12, 2024, at the Embassy Suites in LaVista. Spend your lunch break connecting with your friends and colleagues. Lunch will be provided.

The theme of our meeting this year is "Wellness: The Best Gift For Yourself". We know that our mental health is important to our overall health. You only have one body and one mind. If you take care of your physical and mental health, you'll be in a better position to take care of your patients' oral and dental needs.

As an early career dentist, we know that you have a lot on your plate whether it is considering a new practice, loans to pay back, or finding the perfect life/work balance. The NDA Early Career Dentist Council wants to engage with each of you and help show you the value that organized dentistry can add to you both personally and professionally. Having a community to turn to means a great deal.

Ross Polking, CFP®, AIF®, MBA, Senior Business Development Advisor for the Foster Group, the sponsor of our lunch, will be making a short presentation entitled,

"Things dentists wish they knew about finances then that they know now. We promise not to bore you." In our short 10 minutes – we will cover:

- What dentists say they wish they knew "then" about personal finances that they know "now".
- Creating an expedited path towards financial independence.
- Making good decisions with your increase in income while avoiding costly mistakes

Following the presentation, join those present for a round table discussion on some of today's hot button issues.

If all of that wasn't enough to entice you to join us, we will have a healthy salad lunch, and some wonderful door prizes!

Let's choose to connect with each other. Let's do lunch on April 12, 2024!

Register for Event B | No charge
Registration for this event includes lunch.



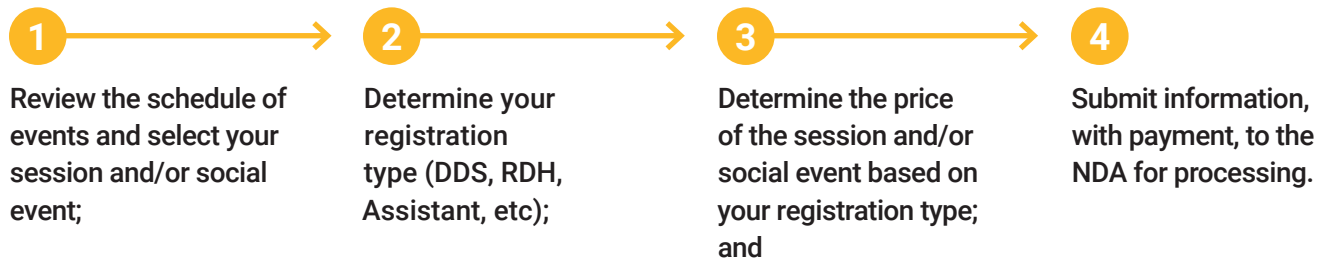
fill your
cup

**Friday morning, meeting attendees
can grab a complimentary cup of coffee
inside the exhibit hall at booth #14.**

*Coffee sponsored by
Delta Dental of Nebraska.*

 **DELTA DENTAL®**

Registration Information



EACH ATTENDEE MUST REGISTER INDIVIDUALLY

Types of Registrants

NDA Dentist – NDA active or retired member dentists, who have paid their 2024 membership dues, can attend the continuing education for no additional charge.

Dental Team – Hygienist - Day pass - \$150.
Dental Assistant, Office Staff, and Spouse - Day Pass - \$100

Dental Students and Graduate Students – Dental students may attend the continuing education for no charge but registration is required.

ADA Dentist From Another State – With payment of a \$250 registration fee, ADA dentists visiting from another state may select from the CE available.*

Non-Member – With payment of a \$500 registration fee, non-member dentists may select from the CE available.**

*Due to a reciprocal agreement with the North Dakota and South Dakota Dental Associations, their member dentists may attend the NDA CE for no additional charge.

**For their first meeting, non-members can pay a \$500 registration fee to attend the meeting. This fee can then be applied to the cost of ADA/NDA dues, if paid within thirty days of the meeting

4 WAYS TO REGISTER

ONLINE AT WWW.NEDENTAL.ORG
MAIL | FAX | EMAIL | ONSITE

- ▶ **Online** – Skip the line and register online. Online registration is available through the NDA website at www.nedental.org. Online registration will close on April 8, 2024. After this date you will need to register onsite.
- ▶ **Mail or fax** – Mail or fax your registration to the NDA Office, 7160 South 29th Street, Suite 1, Lincoln, NE 68516. Fax: 402-476-2641
- ▶ **Email** – Email registration form, with credit card information, to Jody at jody@nedental.org
- ▶ **Onsite** – Registration will close on April 8, 2024. After this date you will need to register onsite.

Registration and Name Badge

Each attendee must register individually with a valid email address. Email addresses will be used to email the CE slips following the meeting. Each person registering will receive a name badge. The name badge will gain you admittance into the sessions and/or social events. Name badges will be available for pick up on Friday morning beginning at 7:00 a.m. Members of the NDHA or NDAA may gain admittance into the NDA Exhibit Hall using their association name badge.

Deadlines, Refunds, Cancellations

Registration Deadline:

April 8, 2024
After this date you must register onsite.

Refunds & Cancellations:

All refund and cancellation requests MUST be made in writing prior to April 1, 2024. No refunds for any reason after this date.

Registration Form

ONE FORM PER ATTENDEE

Full name: _____

Email: _____

Street address: _____

City: _____ State: _____ Zip: _____

Daytime phone: _____

CHECK APPROPRIATE TITLE:

☐ NDA Member DDS ☐ Hygienist ☐ Assistant ☐ Staff ☐ Spouse/Guest ☐ Dental Student

☐ ADA Member from Another State ☐ Non-Member

THURSDAY, APRIL 11

Check Box to Register for Event

- ☐ **EVENT A: LEADERSHIP AND AWARDS DINNER**
NDA BOARD OF TRUSTEES AND HONOREES, NO CHARGE.
DENTAL TEAM MEMBERS AND GUESTS, \$30 pp

- ☐ **SESSION 9: DR. ANKUR GUPTA**
☐ **SESSION 10: DR. MOLLY MCNEELY**
☐ **SESSION 11: DR. ANKUR GUPTA**
☐ **SESSION 12: DR. ASHLEY CLARK**

FRIDAY, APRIL 12

Check Box to Register for Course(s)

- ☐ **SESSION 1: DR. ASHLEY CLARK**
☐ **SESSION 2: DR. ANKUR GUPTA**
☐ **SESSION 3: DR. MOLLY MCNEELY**
☐ **SESSION 4: DR. ANKUR GUPTA**
☐ **SESSION 5: DR. ASHLEY CLARK**
☐ **SESSION 6: NEBRASKA SAFETY COUNCIL**
☐ **SESSION 7: WHITNEY CRIST, RDH**
☐ **SESSION 8: DR. ASHLEY CLARK**

Check Box to Register for Event(s)

- ☐ **EVENT B: NDA EARLY CAREER DENTIST**
"LETS DO LUNCH"
☐ **EVENT C: AMERICAN ASSOCIATION OF**
WOMEN DENTISTS LUNCH – **\$40 PP**
☐ **EVENT D: NEBRASKA SOCIETY OF**
PERIODONTISTS LUNCH
☐ **EVENT E: PAST PRESIDENT'S LUNCH**
☐ **EVENT F: SOUTHEAST DISTRICT DENTAL SOCIETY**
LUNCH

Check Box for Lunch

- ☐ **NDA MEMBER BOXED LUNCH** No charge
☐ **ADDITIONAL BOXED LUNCH QTY:** _____ \$25 each

Online

www.nedental.org

Mail or Fax

7160 S 29th St, Ste 1,
Lincoln, NE 68516

Fax: 402-476-2641

Email

jody@nedental.org

Onsite

Registration closes
4-8-24. After that
time you must
register onsite.

- NDA Dentists may attend all CE with paid 2024 dues.
- Hygienist - Day Pass - \$150
- Dental Assistant, Office Staff, Spouse Guest - Day Pass - \$100

- Dental Student – No charge
- ADA member from another state - \$250 registration fee*
- Non-Member - \$500 registration fee**

*Due to a reciprocal agreement, South Dakota and North Dakota dentist members may attend CE for no additional charge

**For their first meeting, non-members can pay a \$500 registration fee to attend the meeting. This fee can then be applied to the cost of ADA/NDA dues, if paid within thirty days of the meeting

PAYMENT DETAILS

Total Paid \$: _____

☐ Check

(Make checks payable to the Nebraska Dental Association)

Credit Card ☐ VISA ☐ MasterCard ☐ American Express ☐ Discover

Name on Card _____

Billing Address _____

Card # _____

Exp. Date _____ CVV# _____

Signature _____

Please keep a copy of this registration form for your records. If you have questions about completing this registration form, please call the NDA office at 402-476-1704. Visit the NDA's website at www.nedental.org for complete information, including schedule, speakers, and online registration.

THANKS TO OUR SPONSORS

(as of date of printing)



UPCOMING MEETINGS

157th NDA Annual Session

April 11, 2025 | Lincoln, NE



Nebraska Dental
ASSOCIATION