



Juli Kagan's presentations are different! Unlike most courses, where you sit and are "fed" information, Juli's seminars are interactive, experiential and literally "hands-on". More importantly, they are FUN—where you get to learn something for yourself instead of just your patients.

Walk, no run, to her courses! Learn practical information and derive more energy and enthusiasm beginning that day!

MIND YOUR BODY

This course reviews postural considerations for the seated dental professional, including: the prevalence of neck and shoulder injuries, spine and hip positioning, neutral seated posture, and the importance of movement. Pilates and specific seated exercises & stretches, which can be done chair side, to help combat poor posture, are presented.

EATING HEALTHIER FOR BETTER FUNCTION

The concept of a healthy diet is changing; nutrition is different today. Learn about making better choices so that eating more carefully now pays off later, especially when it comes to heart disease, cancer, osteoporosis and obesity. Find out the truth about fats, glycemic load, proteins, carbohydrates, and weight loss and finally get off your diet and learn to live more FUNctionally!



JULI KAGAN
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AUTHOR

SPEAKER

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MIND YOUR BODY



COURSE OVERVIEW:

Fed up with lower back or shoulder aches? Want to get rid of that pain in your neck, once and for all? Learn the causes and solutions to these distressing conditions in addition to chairside exercises to help you sit tall, stand strong, and work without pain!



COURSE OBJECTIVES:

At the end of the session, the attendee will be able to:

- Explain neutral pelvic position while seated, including neutral spinal alignment.
- Recommend appropriate strategies for sitting, as well as ergonomic strategies in the dental treatment room, to minimize physical strain or injury.
- Demonstrate at least five exercises, specific for the dental professional, that can be performed chairside, to bring about vitality and postural health.

In addition, Juli can teach a Pilates/Yoga mat class, for men and women of all body types, tailored specifically for the dental professional at the end of the lecture. Students will feel invigorated and remarkably limber and lithe, even after a short one- hour session!

Note: This is not another patient-focused clinical course; this atypical course is directed specifically for the dental professional—who learns how to be healthier and ultimately more effective in treating patients.



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PRIMARY COURSE TOPIC:

Health and Fitness

RECOMMENDED FOR:

- Dentists
- Assistants
- Hygienists
- Administrative Staff

COURSE OBJECTIVES:

- List three positive features of the USDA “MyPyramid”.
- Review the latest dietary guidelines of the New USDA “My Pyramid”.
- Discuss one finding from the Omni Heart Trial Study.
- Identify differences among high carbohydrate/protein diet plans.
- Describe the importance of different types of fats in a diet.
- Determine the glycemic load of a carbohydrate.
- What percent of the diet should come from protein to help control blood pressure, LDL cholesterol, triglycerides, and risk of heart disease?
- Identify several strategies to help manage food intake.

SUGGESTED PRESENTATION REQUIREMENTS

- Length of Course: 2 or 3 hours
- Room Set-Up: Classroom or conference style



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JULI KAGAN

Teaching You to Move, Mindfully.



A yoga teacher, dental educator, Pilates instructor, health care professor and national speaker, Juli Kagan helps you learn to mind your body affording improved overall health.

Devoted to life-long learning, wellness, and passionate about physical and mental fitness, Juli shares an energy and enthusiasm that transforms knowledge into practice. Coalescing her love of ergonomics with intelligent movement, Juli wrote *Mind Your Body* and sincerely believes that knowing better helps in doing better.

Juli's specialty is proper posture, especially while seated, and subsequent enhanced carriage throughout the day. To help, she has created numerous free videos on her website.

To purchase her book and/or obtain information about speaking at your next meeting, visit: JuliKagan.com

"Juli Kagan brings expertise, enthusiasm and excitement to her speaking presentations. Her material is on target and in touch with the needs of today's seated professional. I found Juli online through her extensive video library which is full of complimentary tips designed to keep the seated professional moving and pain-free! (An added bonus: I immediately tightened over an inch on my waist when I incorporated her "Series of 5" into my daily exercise routine.) I highly recommend Juli's book and her speaking presentations! She's the 'real deal'."

- Vanessa Emerson, Founder, Directory of Dental Speakers



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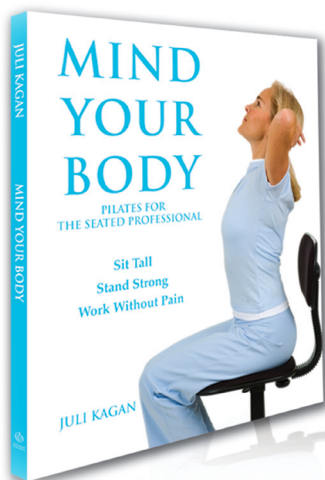
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MIND YOUR BODY

Pilates for the Seated Professional



SIT TALL. STAND STRONG.
WORK WITHOUT PAIN.



Finally, there is a fitness regime that removes boredom and repetition!

Infusing mental clarity and perfect posture, *Mind Your Body: Pilates for the Seated Professional* shows how making the mental and physical connection while doing Pilates is both powerful and empowering.

Mind Your Body: Pilates for the Seated Professional takes a unique approach to tackling a subject that no other book of its kind has addressed. Out of necessity, Juli designed this book to help people become more aware of their posture, particularly while seated. The fact is that the majority of our population is now at a computer, desk, or chair for the better part of their day. The negative results of being seated are staggering and our workforce is in a crisis.

The primary focus of the book is to learn exercises that show how strengthening the core and trunk helps the seated professional sit upright, with a strong spine and long back, ultimately working more comfortably and effectively. It is important to stretch and exercise but mostly, keep moving throughout your day!

Mind Your Body: Pilates for the Seated Professional is an exercise book that shows the positive effects of mindful movement. It is much more than a fitness routine; it is a way to create a more conscious and responsive life. Readers learn that mindfully living your best life enhances energy and decreases stress. The ultimate goal is a balanced body and mind. How can you not love that!



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READ WHAT PEOPLE ARE SAYING

"When I began my search for the right person to present to the 2009 FNDC, one of the hygienist that was presenting recommended that I talk with Juli. What a gift. Juli was so easy to work through the planning process. Always answering me quickly and one of the first to have all the necessary paper work in. Then to cap it all off on the days that she presented we had a great response. Not only are her topics relevant to everyday life needs, she is so approachable and really interacts with the participants. I hope we get to see Juli again at Florida National Dental Convention. Thanks Juli."

- Loyce A. Jones, D.M.D., 2009 FNDC Program Chair

"It was such a pleasure planning our meeting with Juli as she was incredibly helpful with the logistics and always a complete professional. This was one of our best meetings to date since it gave the participants an opportunity to concentrate on themselves in order to better serve their patients."

- Carla Greenlaw, Coordinator McCawley & DeTure Study Club
Center for Laser Periodontics and Implants

"Your contributions to our health are remarkable. Your ability to gently nudge us forward and make us want to exercise is amazing. You inspire, not scold, us into accountability. We are the lucky recipients of your boundless commitment and energy. ... Thanks for having the passion and perseverance to contribute in such a meaningful way."

- Anne Guignon, RDH, MPH, International Speaker
Senior Editor-RDH Magazine

"...Planning this event was effortless with Juli's organizational skills, open communication, and commitment to provide excellent service. Her attention to detail and follow through actually kept our organization on course.

Juli's expertise was delivered with passion and enthusiasm. The course content was relevant to the physical challenges of the dental hygiene profession with techniques and products that can be easily implemented throughout the work day for prevention and correction....

If you are considering Juli for a presentation...do not hesitate. You will never find a more dynamic, high energy, engaging presenter with a genuine passion for her subject and helping others."

- Shawn M. Lutz, RDH, President
Manatee-Sarasota Dental Hygienists' Association



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