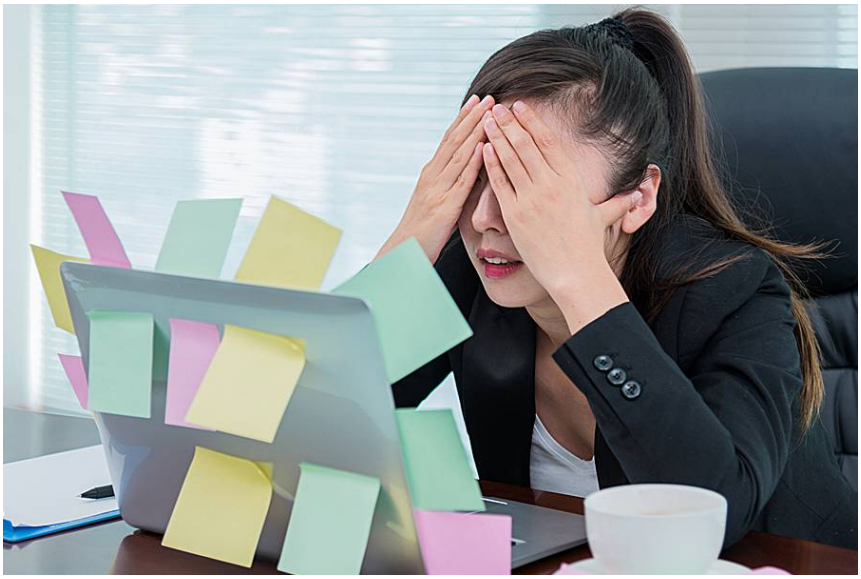
# Peak To Peak Dental Study Club

invites you to attend...



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<—DOES THIS LOOK FAMILIAR?

# AADOM STUDY CLUB CHAPTER MEETING

## TOPIC OF PROGRAM...

### Mental Health and Stress Strategies for you and your team!

Feeling stressed? You are not alone! The past two years have come and gone in a whirlwind of stress, chaos, and increased duties. Leading our teams has taken on a whole new approach! Join us Thursday December 1st to discuss ways to lead our teams through these challenging times, how to manage our increased stress and learn tools and strategies to support our own self care and that of our employees.

*Your Speaker...*

Kara Schmitt, LCSW
Rocky Mountain Center for Positive Change

AADOM DENVER CHAPTER

Pediatric Dental Group of Arvada
7975 Allison Way Arvada, CO 80005
Registration 5:30pm
Meeting 6-8pm

Sign up and Register on our AADOM denver Website:
https://www.aadomchapters.com/denver-co/