



BETTER HUMANS

Date: March 9, 2027

Speaker: John Gifford, CBPM, LMT, CPT

Facilitator: Dr. Rebecca Schwarcz, DDS, MS

Topics:

- Physical longevity in dentistry
- Stress management
- Sustainable career wellness

Location: The Underground @ Lakeshore Dental Specialists

Time: 6:00 PM – Dinner & Gather, 6:30 PM – Program Starts

Lecture Summary:

Dentistry is physically demanding, mentally demanding, and often exhausting. This highly interactive session focuses on helping dental professionals improve physical resilience, reduce pain, manage stress, and develop sustainable habits that support long-term success. The goal is simple: help attendees feel better, perform better, and enjoy longer careers.

Learning Objectives:

- Identify common physical stressors associated with dental practice.
- Apply practical techniques to reduce musculoskeletal strain and improve ergonomics.
- Implement daily wellness strategies that support long-term career longevity.