

Total Wellness: Empowering You to Achieve Your Best

1 Hour CDE Credit

Clinical Excellence Series 2025 Presented by Zufall Health and Delta Dental



MEET THE SPEAKER

Emma J. Guzman, DDS, is a distinguished general dentist based in New York, NY. Beyond her clinical work, she is a speaker, mentor, community builder, and advocate for health and wellness. Passionate about service, Dr. Guzman provides dental care to underserved communities in Mexico, the Dominican Republic, and Jamaica. She also mentors and guides students pursuing careers in dentistry and STEM fields. Guzman earned her doctor of dental surgery degree from the University at Buffalo School of Dental Medicine and completed her general practice residency at BronxCare in the Bronx, NY.

OVERVIEW

This course delves into practical strategies and holistic approaches that healthcare experts can integrate into their daily routines to enhance their physical, mental, and emotional well-being. Guzman will share evidence-based strategies and personal insights to help attendees cultivate a balanced and fulfilling professional life. Attendees will gain valuable insights into maintaining a balanced lifestyle, preventing burnout, and achieving peak performance in their professional and personal lives.

OBJECTIVES

At the conclusion of this program, participants will be able to:

1. Assess Health with Dr. Emma's Health Revamp Quiz
2. Develop a Personalized Wellness Plan: Attendees will learn how to create and implement a personalized wellness plan tailored to their unique needs and professional demands. This includes setting realistic goals, identifying resources, and tracking progress to ensure sustained well-being.
3. Recognize the Impact of Wellness on Professional Performance: Attendees will understand the direct correlation between personal wellness and professional effectiveness. Attendees will also learn how prioritizing their well-being can lead to better patient outcomes and job satisfaction.

Wednesday, January 15, 2025

6:00 - 7:00 PM ET (one hour)

- 6:00 - 6:05: Introduction
- 6:05 - 7:00: Educational Content

Zoom Events (Registration required and space is limited)

Free; dental credits offered

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