

A Peaceful Practice®

stress management and peer to peer support

for dental professionals seeking a healthier response
to stress and a peace-full practice of their own.

PROGRAMS & RATES:

Beyond the Biteguard w/ Dr. Betty Orr

\$599

Dr. Betty delivers “peace talks” door to door with a 4~week educational series on the topic of stress as it relates to physical and emotional health.

- Week One: The Science of Stress & Disease
Understanding stress as a root cause for disease and how our response to stress can impact our physical and emotional health.
- Week Two: A Twist of pH8 ~ Mountain Dew Not!
Alkaline eating and the adverse effects of an acid diet.
- Week Three: Chakras and Chi
Alternative thinking and treatment modalities for TMJ that look outside the clinical box.
- Week Four: The Art of the Matter
A hands~on look at Art therapy, Creativity and why Art matters.

One on One Stress Management & Peer to Peer Support

with Dr. Betty Orr

\$499/month

each month includes:

- a one on one in~office meeting w/ Doctor
- an in~office activity with Doctor and Team
- identification of individual and practice stress points
- an individualized plan
- weekly follow~up
- daily access to Dr. Betty for advice, an ear to listen or a shoulder to cry on.
- monthly newsletter
- K.I.S.S. Connection membership

DR. BETTY TALKS TO **KIDS** ABOUT
TOTAL HEALTH...

FROM TEETH TO TOES

TEACHING **KIDS** ABOUT THE HUMAN BODY,
HOW TO CARE FOR IT AND HOW OUR OWN
CHOICES CAN AFFECT THE WAYS
WE ACT, THINK AND FEEL.

WITH A FOCUS ON DENTAL HEALTH,
NUTRITION AND A POSITIVE MINDSET,
DR. BETTY WILL GIVE YOUR
KIDS THE TOOLS THEY NEED
TO MAKE HAPPY & HEALTHY LIFESTYLE
CHOICES THAT WILL LAST A LIFETIME!

CONTACT DR. BETTY VIA EMAIL AT
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