



Iowa
DENTAL HYGIENISTS'
ASSOCIATION

Fall Event 2026

Friday, October 2, 2026

6 CEUs

**FFA Enrichment Center
DMACC Ankeny Campus
1055 SW Prairie Trail Parkway
Ankeny, Iowa**

Register Online at
www.iowadha.com



Schedule of Events

7:30 - 8:30 AM	Corporate Exhibits Open, Registration Open, Breakfast
8:30 - 11:45 AM	MORNING SESSION: <i>The Tongue is Talking, What Systemic Secrets is it Revealing</i> Lani McBeth
11:45 - 12:45 PM	Lunch Provided with All Day Registration* Corporate Exhibits Remain Open
12:45 - 4:00 PM	AFTERNOON SESSION: <i>Breathe. Build. Balance. — Advanced Strategies for the Comprehensive Dental Hygienist</i> Kristin Evans
4:00 - 6:00 PM	Trivia Games Social Event

*IDHA is unable to accommodate special dietary requests.

Speakers



Lani McBeth RDH, BSDH

Lani McBeth is a Prevention Strategist, Clinician, Speaker, Author, and CEO of OWL: The Oral Wellness Link. She attended The University of Northern Arizona and received her BS in Dental Hygiene. She continued her education in Dental Hygiene at NAU while receiving her Licensure as an Expanded Functions Hygienist. Over 900

courses in advanced learning include education in business development, medical/dental coding, holistic/biologic dentistry, and nutrition. In her educational pursuits, she has found a balance in using Western and Eastern Medicine to find the oral-systemic link. She has used this expertise to empower her patients to advocate for better whole-body wellness. As a visionary clinician, she uses her knowledge and skills to elevate patient care from Standard to Stellar daily. With 38 years of clinical experience, she is now sharing her knowledge and expertise with professionals worldwide through speaking and writing.

The Tongue is Talking, What Systemic Secrets is it Revealing

The tongue is a diagnostic source of systemic conditions. Incorporating the Chinese Tongue Diagnosis/CTD with a comprehensive medical history, dental professionals can help their patients become advocates for their systemic health while improving their oral health. This course is an introduction to Chinese Tongue Diagnosis/CTD. Join Biologic Dental Hygienist Lani McBeth in this content-rich course, which will review tongue anatomy, discuss the history of the CTD and the map of the organ system as it relates to tongue anatomy, and discuss the essential steps used in a comprehensive Chinese Tongue exam. Attendees will leave with renewed insight into the oral-systemic connection and the dental practitioner's significant role in helping the patient improve their overall health.



Kristin Evans BS, RDH

Kristin Evans is a nationally recognized dental educator with over 30 years of clinical experience. Known as "The pH RDH," she specializes in pH balance, hormones, bone health, and the oral-systemic connection. Kristin delivers engaging, evidence-based education that bridge science and real-world application.

Her dynamic style and deep knowledge empower dental professionals to elevate outcomes, embrace prevention, and understand their vital role in improving whole-body health through personalized, integrative care.

Breathe. Build. Balance. — Advanced Strategies for the Comprehensive Dental Hygienist

As dental hygienists, we are the frontline sentinels of systemic health. We often see the first whispers of physical decline long before a patient visits a specialist. This high-impact session empowers you to connect the dots between airway health, endocrine function, and skeletal integrity. We will dive deep into the bidirectional relationship between airway obstruction and hormonal imbalances, uncovering how these physiological stressors converge to compromise bone density and accelerate osteoporosis. This isn't just about teeth—it's about the "red flags" that hide in plain sight.

Shift your focus to Breathe, Build, and Balance. By mastering these connections, you aren't just cleaning teeth—you are actively improving your patients' health outcomes and extending their longevity.

Registration Information

Registration is Open! Early Bird Special Ends September 18th!

Save Time Register Online at www.iowadha.com

Online registration will close on September 25, 2026. After September 25th, you will be able to register on-site (if space is available.) No Handouts will be available onsite. If the speaker provides handouts they will be emailed out to participants one week in advance.

Online processing fees will be applied and fees are non-refundable.

Full Day - 6 CEU Lunch Included

No special dietary requests

ADHA RDH Member \$120.00
RDH Potential Member \$240.00
DDS, DA, or Staff \$240.00

Half Day - 3 CEU Lunch Not Included

Half Day ADHA RDH Member \$ 75.00
Half Day RDH Potential Member \$135.00
DDS, DA, or Staff \$135.00

A \$40.00 late fee will be added after September 18th.



Mail-In Registration Form

IOWA DENTAL HYGIENISTS' ASSOCIATION FALL EVENT 2026

Name _____ Name Change? ☐ Yes ☐ No

Address _____ Address Change? ☐ Yes ☐ No

City, State, Zip _____

Home Phone _____ Work Phone _____

E-mail * _____ License # _____

Membership ID # _____ Will you be attending the Trivia Game Social Event? ☐ Yes ☐ No

**E-mail REQUIRED, as course handout will be e-mailed to attendees one week prior to course. Please WRITE LEGIBLY. No course handouts on-site.*

Full Day - 6 CEU Lunch Included

Please circle selection:

ADHA RDH Member \$120.00
RDH Potential Member \$240.00
DDS, DA, or Staff \$240.00

Half Day - 3 CEU Lunch Not Included

Please circle which half day course attending:

Half Day ADHA RDH Member \$75.00 AM PM
Half Day RDH Potential Member \$135.00 AM PM
Half Day DDS, DA, Staff \$135.00 AM PM

**Complete
for Mail-In**

Full Day \$ _____

Half Day \$ _____ **AM or PM**

*Late Fee \$ _____ *(+\$40.00 if postmarked after September 18th)

Total \$ _____

If mailing in, please make checks out to IDHA and mail to IDHA Treasurer:

Amy Weishaar, 204 Central Ave, Charles City, IA 50616

No refunds after September 25, 2026. Online processing fees are non-refundable. Please email Amy Weishaar at amyweishaardh@gmail.com if wanting a refund before September 25, 2026.

Amy Weishaar
IDHA Treasurer
204 Central Ave
Charles City, IA 50616

Thank You to our Fall Event Sponsors!



Fall Event Notes:

Please dress in layers to accommodate for temperature variations.

*Questions regarding the course or need special assistance,
please contact Angie Kelley at akelleyrdh@gmail.com.*

We look forward to seeing you in October.