

Labor  
DAY



# CHRONICLE MONTHLY

SEPTEMBER 2020: VOLUME 15, EDITION 13

## REMINDERS

⇒ **2021 AWARD  
NOMINATIONS  
OPEN SEPT 21!**

## CONTACT

[aawdchronicle@gmail.com](mailto:aawdchronicle@gmail.com)

@womendentists

[www.aawd.org](http://www.aawd.org)



## Hey Lady Dentist!

This month we welcome fall and the beginning of a new journey for many members – online schooling. We would love to hear how you are balancing work and school. Read below for some tips and tricks.

## Resources for Virtual School Parents



- Create a calendar with built-in time for breaks and non-school activities – try to embrace the flexibility that online schooling can offer.
- Create a designated school space with all the supplies needed – this year's supply list was an interesting one!
- Continue to model hard work and persistence and reward even small accomplishments – kids love stickers!

<https://www.connectionsacademy.com/support/resources/article/ultimate-back-to-school-guide-for-virtual-school-parents>

# NATIONAL YOGA MONTH



## Dandasana / Staff / Stick Pose

**Benefits:** Strengthens hips, pelvis & lower back. Lengthens and strengthens spine. Helps open chest.

**Do:** Engage feet, legs & core. Tilt pelvis slightly forward & bend from the hips. Position shoulders over hips.

## Virabhadrasana II / Warrior 2 Pose

**Benefits:** Stretches thighs. Strengthens shoulders, quads & glutes. Improves feeling of balance and concentration.

**Do:** Evenly distribute weight. Press through outer edge of back foot. Front knee stacked over ankle. Engage core. Position arms parallel to floor.



[www.yogaalignmentguide.com](http://www.yogaalignmentguide.com)

More questions?

Email [info@aawd.org](mailto:info@aawd.org)

JIMMY CHOO



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## Your Chance to Win Starts Here!

Donate \$100 to the Smiles for Success Foundation in the month of August and you'll be automatically entered to win a Jimmy Choo purse!



# WINNER!

\*Purse is given to the winner of the contest. Contest ends August 31, 2020. Only qualifying donations will be entered into the contest.

Congratulations Dr. Denise Mills!



\*Please update your member profile online to keep us all up to date\*