



### **Member Engagement**

Welcome Week for the incoming D1 class of 2025. Events included a Meet and Greet, a social media contest, Trivia night, a Baron's game and a night of outdoor games.

Red, White and Brews with the executive director of The Alabama Dental Association- Dr. Zack Studstill

Fight Night, where our favorite professors debated Medicare Expansion, Corporate Dentistry and 3<sup>rd</sup> Molar Extractions

CE courses like COVID and Periodontitis and Practice Dentistry Pain Free

Alabama ASDA's first Virtual Vendor Fair

### **Health & Wellness**

Wellness Week started with a Yoga session by Dr. Gatlin.

Therapy South conducted a seminar and demonstrated dry needling

Alabama ASDA took part in the District 5 Step Challenge and won!

Three15 organized one of their signature classes that combined rhythm-based cycling, barre and strength work

Grab and Go Healthy Breakfast was organized for dental students of all years

Wellness Wednesday Instagram posts taught us basic stretches for dental students, healthy habits for busy individuals and quick and easy recipes

### **Community Service**

18<sup>th</sup> Annual Miles for Smiles, a 5k, 1 mile fun run benefitting Cahaba Valley Health Care saw huge participation and was a great success

Oral Hygiene Drive benefitting the First Light Women's Shelter was organized. Oral hygiene kits were donated to them

9/11 Memorial Event benefitting the Wounded Warrior Project was conducted. Dr. Kenneth Vandervoot, a UAB SOD alumnus and Navy SEAL was the speaker for the event

### **Chapter Media**

Day in the life videos were posted on social media. The videos highlighted what a typical day looks like for a D1 through D4 student

Alabama ASDA's Instagram page was taken over by dental students who posted stories about life in and around UAB

ASDA's very own Molar Bear was welcomed back and present for our Advocacy Week

### **Advocacy**

Advocacy week started strong with Fight Night where each class chose their own heavyweight professor to represent them and debate the hottest topics in dentistry

Medicare expansion was opposed by educating dental students on the consequences of the expansion and encouraging them to submit letters via ASDA against the expansion

### **Leadership/Professional Development**

Alabama ASDA's 2022 executive committee members attended the ASDA Leadership Summit, where they had a chance to interact with ASDA members across the country, form relationships and exchange ideas