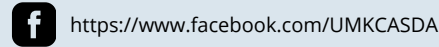
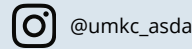


# University of Missouri - Kansas City



## Fever Week

### Wax & Relax

- Virtual D1 waxing seminar with tips and tricks from upperclassmen
- Students received "snack packs" in their mailbox with stress-reducing goodies such as tea and dark chocolate

### "Let's Get Quizzical" Trivia Night

- Virtual dental trivia featuring topics such as famous composite photos, UMKC history, and dentistry in pop culture
- Prizes included Amazon Alexa, Yeti, Firestick, loupe-friendly face shield

## Member Engagement

### ASDA "Hype" Videos

- Created 2 videos shared via social media and email
  - "I'm in ASDA" music video introducing ASDA to D1 students and promoting fever week
  - "Party with the MDA" music video explaining the benefits of partnership with the Missouri Dental Association

### Instagram Welcome Giveaway

- Social media contest for incoming D1 students
- To enter: follow UMKC ASDA on Instagram, share a picture tagging us, and use #allsmilesatUMKC
- 1 winner received \$25 gift card

### Sponsor "Dinner & Learns"

- Virtual sponsored meetings
- All attendees received \$10-15 restaurant gift cards
- Sponsors included Missouri and Kansas Dental Associations, Aspen Dental, Midwest Dental, and ADA Members Insurance Plan

## Advocacy

### Advocate & Decorate

- Picked up individually packaged Christmas cookies with stenciled image and icing palette to decorate at home
- Each package featured an advocacy fact and QR code for more information

## Wellness

### Virtual Cooking Class

- Received ingredient list prior to event
- Zoom cooking class with local restaurant Cafe Gratitude creating a plant-based meal
- During down time, discussed meditation, gratitude, and other mindfulness activities

### "Meet up at your Pace?" Virtual Fun Run

- Students ran their own route
- To enter: follow UMKC ASDA on Instagram, share a picture tagging us, and use #ASDAfunrun
- 3 winners received \$10

### Sore No More

- Virtual seminar with physical therapist
- Explained common ergonomic problems plaguing dental students and exercises and stretches to combat them

### Mental Health Awareness Seminar

- Virtual meeting with campus group "Roos for Mental Health"
- Addressed stigmas, signs, and resources for mental health