# THE FUTURE IS NOW

>> 2024-2025 ACADEMIC YEAR





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### MISSION >>

Dear Friends and Colleagues,

1998 was a special year. That was the year our St. Helens Shadow Study Club was founded. That was also the same year I started my freshman year in Dental School and met my classmate Chungah who would, 4 years later, become my wonderful, loving, and supportive wife. Looking back at what I learned years ago, I feel like most of that information is now outdated and techniques we once thought were impossible are now accessible. As I am excited to learn and embrace these new advancements, we have customized our upcoming curriculum to reflect "The Future is Now". Our program encompasses the latest in advancements in Dentistry as well as in Business and in Personal Health. We have spared no expense in bringing in more world class speakers like Drs. Ariel Raigrodski, Markus Blatz, Karen Baker, and David Meinz.

We also have very experienced and talented clinicians right here in our very own study club! I believe we can learn much from each other. I really appreciate Mikhail Garibov and Traci Saito taking time out of their busy lives to prepare presentations and treatment planning cases for us.

Thank you again for continuing to support our study club. I look forward to seeing you all again as we enter our 27th year. As your steward, please let me know if you have any questions or feedback!

Sincerely >> Edwin Leung



# PROGRAMMING// G D N 6 G D G G

#### KICK-OFF EVENT

Programmer: Dr. Edwin Leung

Date: September 20, 2024 // Time: 6:00 PM Location: 14415 SE Mill Plain Blvd // Vancouver Attendees: Members + Significant Others

### PERI-IMPLANT DISEASES: CURRENT UNDERSTANDING AND MANAGEMENT

Programmer: Dr. Mikhail Garibov Date: October 17, 2024 // Time: 6:00 PM Location: Clark College Columbia Tech Center

### PRODUCT FACE OFF: DIGITAL INTRAORAL SCANNERS, WHICH ONE IS BETTER FOR YOU?

Programmers:

Marlan Glovatsky // Justin Lee // Jennifer Berger Date: November 21, 2024 // Time: 6:00 PM Location: Clark College Columbia Tech Center

### RESTORATIVE SOFT TISSUE MANAGEMENT FOR IMPLANT-SUPPORTED RESTORATIONS: FACILITATING PATIENT CARE VIA DIGITAL DENTISTRY

Programmer: Dr. Ariel Raigrodski Date: December 19, 2024 // Time: 6:00 PM Location: Best Western Premier Fisher's Landing

### DRUG-RELATED PROBLEMS IN DENTAL PRACTICE: IT'S A MINEFIELD OUT THERE!

Programmer: Karen Baker

Date: January 10, 2025 // Time: 7:30 AM

Location: The Heathman Lodge

#### WHAT LIES BELOW

Programmer: Dr. Markus Blatz

Date: February 6, 2025 // Time: 6:00 PM

Location: Best Western Premier Fisher's Landing

### FINANCIAL DECISIONS DENTISTS MUST GET RIGHT: FLIPPING UNCERTAINTY INTO SECURITY

Programmer: Zane Harris

Date: March 20, 2025 // Time: 6:00 PM

Location: Best Western Premier Fisher's Landing

### MINIMALLY INVASIVE ALTERNATIVES TO SURGICAL ORTHODONTICS: INTERDISCIPLINARY TREATMENT PLANNING WORKSHOP

Programmer: Dr. Traci Saito

Date: April 17, 2025 // Time: 6:00 PM

Location: Best Western Premier Fisher's Landing

### THE HEART OF DENTISTRY >> PART 2

Programmer: David L. Meinz

Date: May 16, 2025 // Time: 7:30 AM

Location: The Heathman Lodge

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## paradigmQ ESCAPE GAMES

Evening of ADVENTURE + MYSTERY

ST. HELEN'S SHADOW DOCTOR STUDY CLUB

Date: Friday, September 20, 2024 >> Time: 6:00 PM Location: 14415 SE Mill Plain Blvd // Vancouver, WA

>> DINNER // MY PHO >> SUITE 117B

>> ESCAPE ROOM // PARADIGM Q >> SUITE 104B

Attendees: Members + Significant Others

### PERI-IMPLANT DISEASES

CURRENT UNDERSTANDING AND MANAGEMENT

Date: October 17, 2024 >> Time: 6:00 PM

Operator: Dr. Mikhail Garibov // DDS >> MSD

Location: Clark College Columbia Tech Center // 18700 SE Mill Plain Blvd >> Vancouver, WA

Attendees: Members >> Credit hours: 2.5

>> EVENING SESSION: LECTURE
>> LIVE IN-PERSON COURSE

>> ADG SUBJECT CODE // 690 IMPLANTS

This course will cover topics related to peri-implant diseases including definition, diagnoses, and management. Most up-to-date literature will be reviewed and cases pertaining to the topic will be presented. This course will be helpful for both general dental practitioners and dental hygienists.

### UPON COMPLETION OF THIS COURSE ATTENDEES SHOULD BE ABLE TO:

- >>> Become able to properly diagnose peri-implant diseases
- >> Become knowledgeable in management of peri-implant diseases



### OPERATOR >> DR. MIKHAIL GARIBOV // DDS >> MSD

Dr. Garibov graduated from the University of Michigan School of Dentistry in the top ten percent of his class. He received the Comprehensive Care Award, Russell W. Bunting Periodontal Society Award, and became an Omicron Kappa Upsilon member due to his outstanding achievements. He continued his education to complete a 3-year specialty periodontics training at the University of Washington School of Dentistry and earned Master of Science in Dentistry degree.

Prior to his dental education, Dr. Garibov attended Clark College where he earned an Associate of Arts degree and finished at the University of Washington with a Bachelor of Science in Biochemistry. He then worked at Seattle Children's Research Institute (SCRI) investigating Targeted Gene Insertion techniques for treatment of genetic diseases in children. During his tenure at SCRI, Dr. Garibov was published as a co-author in two articles in a prestigious science journal "Nature."

Dr. Garibov moved to Vancouver in 2003 at the age of 17 when his family emigrated from Moscow, Russia. After living in Seattle, Portland, and Ann Arbor, MI, Dr. Garibov and his wife Nataliia, who is also a dentist, decided to settle down in Vancouver and are excited to be a part of the local community. Outside of the office, Dr. Garibov is busy raising his 3 daughters, Sofia, Victoria, and Diana and enjoys playing soccer.

### PRODUCT FACE OFF:

DIGITAL INTRAORAL SCANNERS, WHICH ONE IS BETTER FOR YOU?

Date: November 21, 2024 >> Time: 6:00 PM

Operator: Marlan Glovatsky // Justin Lee // Jennifer Berger

Location: Clark College Columbia Tech Center // 18700 SE Mill Plain Blvd >> Vancouver, WA

Attendees: Members >> Credit hours: 2.5

>> EVENING SESSION: LECTURE

>> LIVE IN-PERSON COURSE

>> ADG SUBJECT CODE // 780 ESTHETICS/COSMETIC DENTISTRY

Overview of scanning technology, what it can do currently and new advancements that are pushing the boundaries to enhance practice performance. Itero, 3Shape, and Medit scanning technologies were developed to capture more data while delivering exceptional scan quality quickly, easily, and accurately. Examine what it means to the practice to have photorealistic scans to provide high-quality clinical decisions via new advanced software.

### UPON COMPLETION OF THIS COURSE ATTENDEES SHOULD BE ABLE TO:

- >> How to evaluate a scanner to fit the dental practice's needs.
- >> How chairside patient education can transform patient acceptance.



### OPERATOR >> MARLAN GLOVATSKY // ALIGN TECHNOLOGY >> ITERO

Marlan Glovatsky is a seasoned professional with over 10 years of experience in the dental/medical space. Known for technical knowledge in digital imaging, Marlan has a proven track record of bringing valuable, new technology to dental practices. With a passion for changing patients' lives through technology, Marlan is dedicated to collaborating with dental professionals in digital imaging. In his free time, Marlan enjoys running, hiking, spending time with family and traveling internationally.



### OPERATOR >> Justin Lee // 3Shape >> Trios

Justin Lee lives in Camas, WA and is a territory manager at 3Shape covering all the West Coast, Western Canada, Alaska, and Hawaii! While once on track to becoming a dentist, he found his purpose elsewhere and for the past 7 years has enjoyed every minute being employed by 3Shape. His first job out of college was at RadioShack selling cellphones and later he ended up selling for his friend's shop where he sold a phone and himself to the person who is now his wife and mother of 2 kids. He has photographed weddings and engagements for a decade, and now blends that passion with his love for the TRIOS. He's shared hundreds of posts with photos and videos on LinkedIn of his journey with digital dentistry and has scanned with the TRIOS his kids when they were as little as 2 years old.



### OPERATOR >> JENNIFER BERGER // MEDIT

Jennifer Berger is a Field Sales Manager with Medit covering the Northwest. Starting her career in pharmaceutical sales, she moved to dental in 2013 joining Zimmer as an implant rep in Denver selling not only implants and prosthetics, but also biologics. Jennifer partnered with different specialists to help run study clubs to help educate their referrals on a wide variety of topics. One of the big topics was incorporating digital dentistry and Intra oral scanners into their practice and workflow. In 2019, Zimmer Biomet partnered with Align and began co-promoting the iTero scanner. In the last decade, scanners have come along way as far as speed, accuracy, and predictability. Jennifer hopes to help educate clinicians about how incorporating digital dentistry into their practice will not only save them time and money, but also greatly improve their patient's experience.

### RESTORATIVE SOFT TISSUE MANAGEMENT FOR IMPLANT-SUPPORTED RESTORATIONS:

#### FACILITATING PATIENT CARE VIA DIGITAL DENTISTRY

Date: December 19, 2024 >> Time: 6:00 PM

Operator: Dr. Ariel Raigrodski // DMD >> MS >> FACP

Location: Best Western Premier Fisher's Landing // 1500 SE 167th Ave >> Vancouver, WA

Attendees: Members >> Credit hours: 2.5

>> EVENING SESSION: LECTURE
>> LIVE IN-PERSON COURSE

>> ADG SUBJECT CODE // 690 IMPLANTS

This presentation will discuss and emphasize restorative steps for enhancing the soft tissue restorative interface for implant-supported restorations, mainly in the esthetic zone. It will address the managing of the soft tissue as related to diagnosis and treatment planning for implant-supported restorations, and treatment implementation with the aid of digital dentistry. It will briefly review the evolution of zirconia as a restorative material and provide an update on newer translucent and polychromatic zirconia for monolithic restorations to foster successful treatment outcomes.

Guided implant surgery via CAD/CAM generated surgical guides, concepts of provisional restorations emergence profile development, communication of the reestablished emergence profile to the dental laboratory, and restoration design, will all be discussed to facilitate patient care, outcomes, and experience in the everyday dental practice.

### UPON COMPLETION OF THIS COURSE ATTENDEES SHOULD BE ABLE TO:

- >>> Grasp the role of digital dentistry in restorative driven dentistry.
- >> Create better aesthetic results through enhanced soft tissue management.



### OPERATOR >> DR. ARIEL RAIGRODSKI // DMD >> MS >> FACE

Dr. Raigrodski maintains a private practice limited to restorative, implants and esthetic dentistry in Lynnwood, Washington. He is an affiliate professor at the Department of Restorative Dentistry at the University of Washington. He is assistant editor of The Journal of Prosthetic Dentistry and a member of the editorial review boards of the Journal of Esthetic and Restorative Dentistry, and the International Journal of Periodontics & Restorative Dentistry. Dr Raigrodski is a graduate of the Hebrew University in Jerusalem, Israel. He received his certificate in prosthodontics at Louisiana State University School of Dentistry, where he also completed a fellowship in implants and esthetics, and an MS degree.

He is a diplomat of the American Board of Prosthodontics, a fellow of the American College of Prosthodontists, a fellow of the International College of Dentists, and a

member of many professional organizations. Dr Raigrodski is past president of the American Academy of Fixed Prosthodontics. An author of numerous scientific articles and book chapters, his research is mainly clinical and focuses in all-ceramics, implants, and CAD/CAM technology. He is the author of Soft Tissue Management: The Restorative Perspective-Putting Concepts into Practice, which was published in 2015 by Quintessence Publishing. He lectures extensively both nationally and internationally.

Dr Raigrodski is a KOL for MIS receiving product and financial support.

### DRUG-RELATED PROBLEMS IN DENTAL PRACTICE:

### IT'S A MINEFIELD OUT THERE!

Date: January 10, 2025 >> Time: 7:30 AM - 1:00 PM

Operator: Karen Baker // RPH >> MS

Location: The Heathman Lodge // 7801 NE Greenwood Dr >> Vancouver, WA

Attendees: Members >> Credit hours: 5

>> MORNING SESSION: LECTURE
>> LIVE IN-PERSON COURSE

>> LIVE IN-PERSON COURSE

>> ADG SUBJECT CODE // 010 PHARMACOTHERAPEUTICS

Increasing numbers of dental patients are uncontrolled hypertensives or on multiple medications with complex oral health problems. Many new cardiovascular and central nervous system drugs can interact with dental drugs or affect bleeding or wound healing. Patient self-medication with supplements and over-the-counter drugs has recently been recognized as potentially risky in dentistry. Consequently, more and more patients report chemical and drug allergies and intolerances. Dental professionals are frequently faced with medically complex and chemically challenged patients and need practical strategies for providing safe and appropriate care. The purpose of this course is to identify new drug-related problems encountered in dental practice and to outline practical management solutions. Extensive handouts will supplement discussion of intra-oral drug effects, new premed guidelines, and treatment modifications involving medicated, xerostomic or allergic patients. Throughout the program, primary emphasis will be placed on developing consistent strategies for treating medically complex dental patients. An extensive handout will greatly enhance the chair-side value of this fast-paced and practical course.

### UPON COMPLETION OF THIS COURSE ATTENDEES SHOULD BE ABLE TO:

- » Recognize the specific dental treatment modifications necessary to prevent complications in patients with major cardiovascular or central nervous system disorders.
- >>> Modify dental treatment for patients on new chronic medications for diabetes, osteoporosis, and collagen vascular diseases such as rheumatoid arthritis.
- >> Identify which new biologics or targeted therapies can predispose to MRONJ.
- >> Recognize and manage drug-induced oral problems and harmful drug-drug interactions

### OPERATOR >> KAREN BAKER // RPH >> MS

Professor Karen Baker has been on the Dental College faculty at the University of Iowa for over 40 years and occupies a unique role in dental practice and education. She is a clinical pharmacist with a master's degree in clinical pharmacology and therapeutics and is focused on patient-specific dental drug therapy. She has given well over 1000 invited programs nationally and internationally and holds memberships in many dental and clinical pharmacology and therapeutics organizations. Her dental education-based pharmacy and drug therapy consultation center is the only one in the United States. She has authored many articles and abstracts and lectures extensively in pre-doctoral and graduate courses at the University of Iowa.



### WHAT LIES BELOW

Date: February 6, 2025 >> Time: 6 PM
Operator: Dr. Markus Blatz // DMD >> PhD

Location: Best Western Premier Fisher's Landing // 1500 SE 167th Ave >> Vancouver, WA

Attendees: Members >> Credit hours: 2.5

>> EVENING SESSION: LECTURE - TREATMENT PLANNING SESSION

>> LIVESTREAM COURSE

>> ADG SUBJECT CODE // 149 MULTIDISCIPLINARY TOPICS

Dentists continually deal with heightened anxiety in removing old, failing restorations. Once unveiled, more often than not, surprises are found creating difficult restorative challenges. In this case, Dr Blatz was faced with the dilemma of what to do next following removal of a direct molar restoration and discovering an enamel-dentin fracture with little tooth structure remaining. Participants will be asked to evaluate the well-documented initial findings to determine the most appropriate course of treatment. Following round table discussion, Dr. Blatz will provide minimally invasive, evidence-based step by step solutions for this case and for cracked tooth syndrome in general.

#### UPON COMPLETION OF THIS COURSE ATTENDEES SHOULD BE ABLE TO:

- >> Diagnose and treat tooth fractures with evidence-based solutions
- >> Identify minimally invasive techniques in treating cracked teeth.



#### OPERATOR >> DR. MARKUS BLATZ // DMD >> PhD

Dr. Markus B Blatz is professor of restorative dentistry, chairman of the department of preventive and restorative sciences, and assistant dean for digital innovation and professional development at the University of Pennsylvania School of Dental Medicine in Philadelphia. He founded the Penn Dental Medicine CAD/CAM Ceramic Center, an interdisciplinary venture to study emerging technologies and new ceramic materials while providing state-of-the-art, esthetic clinical care. Dr Blatz graduated from Albert-Ludwigs University in Freiburg, Germany, and was awarded additional doctorate degrees, a postgraduate certificate in prosthodontics, and a professorship from the same university.

Dr. Markus Blatz receives product support from 3M Oral Care, VITA, Ivoclar, Tokuyama, Shofu, GC and Bisco Inc. Dr Blatz has received financial support from Kuraray Noritake Dental Inc, Nobel Biocare and Pearl.

### FINANCIAL DECISIONS DENTISTS MUST GET RIGHT: FLIPPING UNCERTAINTY INTO SECURITY

Date: March 20, 2025 >> Time: 6 PM

Operator: ZANE HARRIS

Location: Best Western Premier Fisher's Landing //

1500 SE 167th Ave >> Vancouver, WA

Attendees: Members >> Credit hours: 2.5
>> EVENING SESSION: LECTURE - BUSINESS ACADEMY

>> LIVE IN-PERSON COURSE

>> ADG SUBJECT CODE // 550 PRACTICE MANAGEMENT AND HUMAN RELATIONS

The volatility and confusion surrounding the last few years has impacted every business, including dental practices. This course offers an opportunity to flip today's uncertainty into a roadmap for future financial security. Taking the lessons learned from new tax legislation, staffing constraints, inflation and market volatility, doctors can be prepared and confident with whatever the upcoming year holds.

In this content-rich, interactive course, attendees will learn proven formulas behind building wealth, improving cash flow, getting ahead on pension and retirement planning, plus the short- and long-term benefits of various savings environments. Using real case studies and performance metrics, this course will empower dentists with the knowledge they need to evaluate their own practice and select the best path to reach financial freedom. Additionally, the course will discuss how private equity works in dental practices and when you should and shouldn't consider it.

### UPON COMPLETION OF THIS COURSE ATTENDEES SHOULD BE ABLE TO:

- >> Identify tax strategies to improve cash flow and support market volatility
- >>> Set a realistic business and personal financial plan to help meet your long-term goals, even through times of adversity
- >> Understand how private equity works and when to consider it

### OPERATOR >> ZANE HARRIS

Zane received his Bachelor of Science in Accounting and Master of Science in Management from Texas A&M University. After beginning his career at Grant Thornton LLP as an Audit Associate, he joined the CWA team in 2015.

As a member of the 3to1 Foundation Board of Directors, Zane is active in helping people grow financially both in and out of the consult room. He educates the North Texas community on financial topics in its Accumulating Wealth Seminars and helps raise money to fund the scholarship program.

He is a Certified Public Accountant and Investment Advisor Representative. He is originally from Gunter, Texas. Outside of the office, Zane enjoys spending time with friends and family, and riding his bike.



# MINIMALLY INVASIVE ALTERNATIVES TO SURGICAL ORTHODONTICS INTERDISCIPLINARY TREATMENT PLANNING WORKSHOP

Date: APRIL 17, 2025 >> Time: 6 PM

Operator: Dr. Traci Saito // DMD >> MS >> MHA

Location: Best Western Premier Fisher's Landing // 1500 SE 167th Ave >> Vancouver, WA

Attendees: Members >> Credit hours: 2.5

>> EVENING SESSION: LECTURE - TREATMENT PLANNING SESSION

>> LIVE IN-PERSON COURSE

>> ADG SUBJECT CODE // 370 Orthodontics



### OPERATOR >> TRACI SAITO // DMD >> MS >> MHA

Dr. Saito is a board-certified orthodontist who graduated dental school from OHSU and later received her master's degree in orthodontics and orofacial orthopedics at AT Still University. She has a special interest in treating skeletal discrepancies with the least invasive and non-surgical techniques before considering surgery. When Dr. Saito isn't in the clinic, you can find her traveling the world, skiing, baking, and taking photos.

Full mouth rehabilitation commonly requires orthodontics and orthognathic surgery to achieve the desired outcome. However, surgery is a long and expensive process with inherent risks. Are there effective minimally invasive alternatives available? We will be examining traditional orthognathic surgery, newer minimally invasive treatment modalities and non-surgical options in this interactive treatment planning workshop.

UPON COMPLETION OF THIS COURSE ATTENDEES SHOULD BE ABLE TO:

>> Describe minimally invasive alternatives to orthognathic surgery.

### THE HEART OF DENTISTRY PART 2

Date: May 16, 2025 >> Time: 7:30 AM - 4 PM

Operator: Dr. David L. Meinz // MS // RDN // FAND // CSP

Location: The Heathman Lodge // 7801 NE Greenwood Dr >> Vancouver, WA

Attendees: Members >> Credit hours: 8

>> SESSION: LECTURE

>> LIVE IN-PERSON COURSE

>> ADG SUBJECT CODE // 149 MULTIDISCIPLINARY TOPICS

### OPERATOR >> David L. Meinz // MS >> RDN >> FAND >> CSP

David Meinz, MS, RDN, FAND, CSP speaks internationally to dental groups and associations and is a contributing editor to the Journal of the Academy of General Dentistry and Dentistry Today. David's formal education includes a master's degree (MS) in Human Nutrition from the University of Missouri, and status as a Registered Dietitian Nutritionist (RDN) and Fellow in the Academy of Nutrition and Dietetics (FAND). He is also a Certified Speaking Professional (CSP) in the National Speaker's Association. He is the author of the book Wealthy, Healthy & Wise: How Dental Professionals Can Make Sure Their Health Lasts As Long As Their Money Does. His website is www.TheHeartOfDentistry.us

Health promotion expert David Meinz is back with us again! You'll learn how to add years to your life and life to your years. You'll discover the relationship between oral health and total health and how your gut microbiome effects them both. Plus, the Seven Steps to Longevity and an update of everyone's favorite game show "Family Food!" A FUN, interactive program you will enjoy!

### OUTLINE:

- I. Update on the Oral/Systemic Connection
- II. The Gut Microbiome
- III. How to Have 100 Healthy Birthdays
- IV. You Are What You Eat

### UPON COMPLETION OF THIS COURSE ATTENDEES SHOULD BE ABLE TO:

- >>> Understand the relationship between oral status and the three major health issues it impacts.
- >> Differentiate between claims and realities regarding the gut microbiome.
- >>> Identify research-based characteristics of centenarians.
- >> Understand the role of nutrition in total health.

### // REGISTRATION

These are virtual and live lecture, demo, and peer discussion programs suitable for all dentists, dental students, and business professionals regardless of prior experience who are members of this study club.

### // CODE OF CONDUCT

We are committed to ensuring a safe and respectful meeting environment that is free of harassment, bullying, or offensive comments and/or behavior toward others. We expect all participants whether attending live or virtual sessions to abide by this Code of Conduct policy on all online platforms, or in venues at a meeting, including ancillary events and official and unofficial social gatherings.

- >> Exercise consideration and respect in your speech and actions
- » Refrain from demeaning, Refrain from demeaning, discriminatory, or harassing behavior and speech.

#### // SUBSTITUTIONS

This brochure represents the speakers/programs established at the time of publication; however, speaker cancellations occasionally occur for reasons beyond our control. In the event of such an occurrence, speaker/ program substitutions may be made without prior notice.

#### // DISCLAIMER

Some information or presentations may include controversial materials or commercial references. Seattle Study Club cautions all course participants that there is potential risk to using limited knowledge when incorporating new techniques and procedures into their practices, especially when the continuing education program has not provided them with supervised clinical experience in the techniques or procedures to ensure that they have attained competence.

### // ELECTRONIC/VIRTUAL EDUCATION

Participant feedback and interchange with instructors will be facilitated through e-mail and live Q&A for all sessions hosted by Seattle Study Club. For recorded sessions, directors will facilitate group discussion with club members.



AGD Provider ID: 215131 Term of Approval: 09/01/2022-08/31/2026

St. Helens Shadow Study Club Locally Approved PACE Program Provider for FAGD/MAGD credit.

Approval does not imply acceptance by any regulatory authority or AGD endorsement.

Up to 28.0 Credits Available (Of which 0 hours will be submitted by Seattle Study Club Inc and 28.0 will be submitted by St. Helen's Shadow Study Club). This activity has been planned and implemented in accordance with the standards of the Academy of General Dentistry Program Approval for Continuing Education (AGD PACE) through the joint program provider approval of Seattle Study Club Inc (Nationally Approved) and St. Helen's Shadow Study Club Inc and St. Helen's Shadow Study Club Inc and St. Helen's Shadow Study Club are approved for awarding AGD/MAGD credit. The current term of St. Helen's Shadow Study Club approval extends from 9/1/2022 to 8/31/2026. Provider ID# 215131

2024 // 2025





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