

Nutrition & Wellness for Optimal Performance & Brain Health

MERIDAN ZERNER, MS, RDN, CSSD, LD, CHWC



Meridan Zerner is an award-winning Registered Dietitian Nutritionist with 30+ years of experience in the field of health and wellness. The last 22 years have been spent at Cooper Clinic, where she not only works with patients, but shares her passion for nutrition through media segments and lectures across the country. Meridan received her Bachelor of Science from Syracuse University and Master of Nutritional Science with an emphasis in health promotion from the University of Oklahoma. A Certified Specialist in Sports Dietetics (CSSD), she shares her expertise in weight management and exercise, sports nutrition, preventive and cardiovascular health, and nutrition through the life cycle. Meridan is a Certified Health and Wellness Coach and uses behavioral change skills to help support long-term lifestyle changes in her patients. Her wellness philosophy is to do the best you can with what you have, where you are.

AGD Subject Code: 150
CE Hours: 2.5 Technical and/or Scientific
CE Verification provided
Conflict of Interest: None

Hosted by the DCDS Membership
Development Committee

Sponsored by the ADA Council on
Membership



Personal and professional development go hand-in-hand. This workshop explores the connection between the brain, nutrition and/or health and performance. During this workshop participants will understand how proper nutrition and holistic health enhances energy levels, creativity, mental clarity, focus, decision making skills and overall performance. These workshop ideas focus on enhancing the personal and professional lives of dentists through practical, actionable strategies.

**ONLINE REGISTRATION REQUIRED FOR THIS
IN PERSON EVENT BY MARCH 3, 2025.**

**Register online at www.dcds.org/events for this
9:00-11:30 a.m. event.**

ADA Member Dentists	FREE	Dental Students	FREE
Non-Member Dentists	FREE	TAMUCOD Faculty	FREE



March 7

REGISTER TODAY AT WWW.DCDS.ORG/EVENTS

DALLAS COUNTY DENTAL SOCIETY • DALLAS, TEXAS 75244 • 972-386-5741 • INFO@DCDS.ORG

Dallas County Dental Society
is an ADA CERP recognized provider.

ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. Dallas County Dental Society designates one (1) credit per hour for CE activities, unless otherwise noted.

Concerns or complaints about a CE provider may be directed to the provider or to ADA CERP at www.ada.org/goto/cerp.

