

Announcing Upcoming TMJ Demo - July 9, 2010

Come join us Friday, July 9th from 11:30am - 12:30pm as TMJ Specialist, Kristin Wilhite, HHP will show you ways you can eliminate the pain and discomfort of TMJ syndrome. TMJ syndrome is known to affect sleep, stress levels, range of motion in the neck and shoulders, and cause headaches.

Kristin is a delightful presenter who will teach you exercises, stretches and breathing techniques that can help you feel better. She can custom design a program for you to bring more relaxation to your dental experience. Her approach integrates massage, therapeutic stretching, yoga, breathing techniques, and emotional stress release techniques.

You'll get to see the new massage room unveiled. Kristin is available for massage sessions in our office one Friday each month beginning July 9th. Dr. Claudine Tsui, DDS highly recommends her and suggests you book with her now – you'll be glad you did.

Another plus to coming on July 9th is you can enter to win vouchers for 30 minute therapeutic massage, free ergonomic assessment, 30 minutes of beginner yoga instruction. Call us to let us know if you can make it.

What others are saying about Kristin's work...

Recently a client Kristin had only seen twice for debilitating headaches due to TMJ syndrome called and said, "Hi Kristin, you massaged me a few years ago and I wanted to start getting regular massages now that I have a flex pay program with my work. I have been doing those exercises you showed me and have had no problem with my TMJ ever since. Thank you!"

David, San Diego, CA

Call Dr. Tsui (858)636-7887 or Kristin to reserve your space.

Location: Smile Creations Dental Practice, 8018 Clairemont Mesa Blvd., San Diego, CA 92111

www.smilecreations.org