



GET AWAY TO PORTUGAL WITH MINDWARE SEMINARS & LEARN ABOUT DIRECT RESTORATIVE MATERIALS

May 11-19, 2025

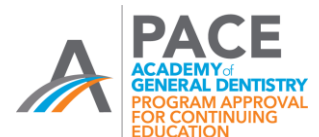
Tour of Portugal: Once a well-guarded secret, Portugal is now one of the most sought-after destinations in Europe! Come discover the country with MindWare Seminars and learn why history buffs, foodies and sun-seekers alike flock to its shores. We will start our tour in the north, known for its wines, the undulating Douro River and its regional capital, Porto was just named as the best emerging culinary destination in Europe at the annual World Culinary Awards. A mixture of ancient and modern, the city is perhaps best viewed from its 76 meter bell tower while a visit to the famous Livraria Lello is a must! Learn all about Portuguese cuisine in a hands-on class and then enjoy the fruits of your labour! Next, it is off for a boat tour on the Douro and port tasting in the many cellars of the region! The following day, the tour winds its way south, with a stop in Batalha before heading to Tomar, a former seat of the Order of the Knights Templar with structures dating back to the 12th Century! Further south, we'll stop in Obidos, one of Europe's most romantic medieval villages, with its cobblestone streets, colourful houses and dazzling tiles all encircled by the walls of a 12th Century castle. Upon arrival in Lisbon that afternoon, a flight to the Algarve awaits, landing in Faro. A short driver to Lagos on the Western Algarve has some of the most beautiful beaches in the country. Visits include the fishing village of Quarteira, followed by the resort town of Albufeira and many more! Enjoy some beach time before we finally head back to Portugal's capital Lisbon. This afternoon, enjoy a foodie tour of this cosmopolitan city, just named Europe's best culinary city destination also at the World Culinary Awards. If tasting its foods is often the best way to encounter a culture, then learning how to make its famous Pastels de Natas has to be the crowning glory of the experience, so get ready for a treat! The next day includes a visit to Belem, the historical center of Lisbon to learn about the Portuguese Empire's Age of Exploration in the 15th and 16th Centuries, its seafaring history and some of the key personalities to have played a role in those discoveries.

Dental Conference: Earn 6 CE credits attending "*Better, Faster, Stronger: Upping Your Game in the Direct Restorative Arena*". Direct restorative dentistry can be rewarding by allowing the general practitioner to produce restorations that are harder, better, faster and stronger predictably. This seminar will review the common pitfalls of direct restorative materials including stained margins, chipped marginal ridges and point contacts and how to avoid those before they happen. Tissue management, composite materials and matrix selection will also be discussed in depth, using case based examples.

Learning Objectives: 1. Re-evaluating your preparation design and encouraging participants to think beyond the box; 2. Understanding how your patient demographic may play a role in materials selection; 3. Troubleshooting common post-op issues with direct composites; 4. Understanding why tissue management is important and not just for impressions or scans; 5. Reviewing real-life clinical scenarios

Speaker: Dr. Lauren Rainey DDS is now a Seattle based restorative dentist, having previously worked as a faculty member at the Arthur A. Dugoni School of Dentistry at the University of the Pacific in the Department of Reconstructive Dental Sciences and the Department of Dental Practice. She also serves on the education team at Bioclear Matrix Systems teaching injection molded composite techniques to dentists in the US & Canada. She is a graduate of Glidewell's Guiding Leaders program for women in dentistry and is an advocate for women in leadership, dedicating much of her career to mentoring young women aspiring to be in the healthcare field. Her practice interests include treating geriatric populations and the use of injection molded composites as a viable alternative to veneers and crowns. She graduated from the Dugoni School of Dentistry and completed a GPR at Tufts University School of Dental Medicine.

Tour Pricing: USD\$5,995/pp based on double occupancy; includes 8 nights accommodation at 4- and 5-star hotels, breakfasts and dinners, air-conditioned buses, English-speaking guides, entry to all activities, tips for guides and drivers. **Please note:** OPC tax and cancellation, medical, travel and lost luggage insurance are not included. Nexion Travel Group Canada, TICO Lic. #: 1559342



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