

September 4, 2026

ontarioagd@gmail.com | 647 464 3741

Friday
8:30am - 4:00pm

Free with AGD
Membership

\$350 for
non-Members

Location

Rizzo Banquet Hall
1941 Albion Rd
Etobicoke, ON
M9W 6P4

AGD Subject
Code 130
(6 lecture hours)

6 Category 2
RCDSO hours

Meals included
Free Parking

Limited
Attendance

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ontarioagd@gmail.com
for more info.

The Future of Dentistry: Integrating Wellness, Periodontal Health, and Ozone Therapy for Whole-Body Care

COURSE OUTLINE

More than ever, the connection between oral health and overall well-being is widely recognized, with patients actively seeking dentists who practice wellness-focused care. This comprehensive full-day course will empower dental professionals with the knowledge and practical skills to implement Wellness Dentistry, Wellness-Based Periodontal Programs, and Dental Ozone Therapy into their practice.

Participants will explore how a wellness-based approach extends beyond traditional dentistry, helping patients achieve not just a confident smile but also optimal systemic health and a higher quality of life. The course will provide an in-depth understanding of Dental Ozone Therapy—its science, applications, and benefits—as a safe, non-toxic, and effective treatment solution.

Additionally, we will cover the critical role of periodontal health in preventing systemic diseases and how shifting to a wellness-centered model can enhance patient outcomes.

By the end of the course, attendees will be equipped with actionable strategies and protocols to seamlessly integrate these techniques into their practice and elevate patient care.

Learning Objectives:

- Understand the principles of Wellness Dentistry and what today's patients are looking for.
- Learn essential wellness-focused dental techniques and procedures.
- Explore the science and mechanisms behind Dental Ozone Therapy.
- Establish evidence-based protocols for using ozone therapy to treat various dental conditions.
- Recognize the link between periodontal health and systemic diseases.
- Implement wellness-based periodontal techniques that promote whole-body health.
- Develop practical protocols for integrating a wellness-focused periodontal approach into clinical practice



Dr. Katie To is a cosmetic and wellness dentist, founder and owner of The Center for Integrative Wellness and Cosmetic Dentistry in Katy, TX, and private coach to many dental professionals. As an international speaker, she has shared stages with countless dental leaders and has been selected as one of Top 40 under 40 dentists in the country. She is the author of several books, the founder of the non-profit Wellness for Life, and the founder of KT Dental Seminars, a dental educational and coaching firm. She has hosted her Composite hands on class in Houston for many years. D.D.S. with Recognition in Research. Fellow of Academy of General Dentistry. Certified Biological Dentist. Master of Digital Smile Design. Master of Biological Dentistry. Certified High Performance Coach Podcast host "The Wellness Dentist".

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