

 West Virginia University®
SCHOOL OF DENTISTRY
RESEARCH SEMINAR SERIES

Sponsored by the WVU SoD Wellness Committee



Mr. Dean Karnazes

Ultramarathoner, Author and Health Enthusiast

Thursday, April 1st, 2021

12:00 – 1:00

Via Zoom (link will be emailed)

Description

[Dean Karnazes](#) is a well-known ultra-runner, author and health enthusiast. His journey to long distance running and completing some of the most difficult distance events in the world is truly amazing. During this pandemic, we have raised our awareness and attention to the importance of healthy habits and overall wellness. The Wellness Committee is excited to present a ZOOM interview between Interim Dean Panagakos and Mr. Karnazes. The talk will range from some of the exciting challenges Dean has taken on to his new book, out later this month. Tune in as there will be a special announcement during the session.

Target Audience: WVU School of Dentistry Dentists, Residents, Hygienists and Students and all other members of the Health Sciences Center Campus

Objectives: Following this talk, participants will:

- To understand the importance of wellness especially during challenging times
- How to get started on a wellness program
- Learn about tips and techniques to deal with challenges in life

Continuing Education Credit:

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Disclosure: All those in a position to control content of this program have indicated that they have no relevant interests to disclose.

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