



Lights Camera Action!

WHAT IS ASDA



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BEACH CLEAN UP

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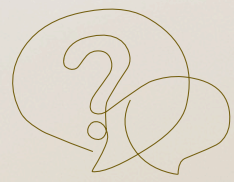


SMOOTHIE SATURDAY

WesternU Fever Week 2024

WHAT IS ASDA

We kicked off Fever Week with a bang on the first day of school at our General Body Meeting, where over 100 students from all classes joined us for lunch to dive into all things ASDA! It was the perfect opportunity to welcome the D1 class, introduce them to the many perks of ASDA, and show how they can get involved at both the chapter, district, and national level. This first event was a fantastic way to launch the new school year, connect with the new D1 class, and build that ASDA fever!



THOUGHTFUL THURSDAY

During Thoughtful Thursday, our ASDA Board organized the distribution of class gifts. Our Mentorship, Activities, and Membership Teams joined forces to curate gift packages that catered to each class's unique needs on their dental journey. The class gifts ranged from badge tags/reels for the D1s to the "push-through-it" PushPops for the D2s, to help ensure that everyone felt a bit of fun throughout the day!



FRIDAY WITH FRIENDS

Our ASDA social event, in collaboration with Delta Sigma Delta (DSD), a dental fraternity on campus, brought together a diverse group of D1-D4s for an evening of connection and relaxation. It not only served as a fun social gathering but also showcased how our organization fosters networking, support, and camaraderie within the WesternU community. Our main goals were to highlight the value of being involved with ASDA while providing a much needed break from the rigors of dental school!



LET'S TACO 'BOUT IT

On Tuesday, our Chapter collaborated with the Tri-County Dental Society (TCDS), California Dental Association (CDA), and The Dentists Insurance Company (TDIC) to sponsor a Taco Tuesday social. Over 200 students, faculty, and staff attended, enjoying tacos from a locally supported food truck. During the event, attendees had the opportunity to network with representatives from TDIC, TCDS, and CDA, learning more about the benefits of organized dentistry. While we may have run out of tacos, we were filled with fun, laughter, and meaningful connections!



COLGATE LUNCH N LEARN

On Wednesday, we had the pleasure of hosting Colgate for a Lunch and Learn. Students got the opportunity to learn more about the preventative tools that exist to support our patients' oral health and the mechanisms behind why they work. In addition, students had a chance to learn about potential awards/scholarships available and take advantage of exclusive discounts and product samples! It was an enjoyable experience for all to take part in this educational and interactive lunch hour!



LUNCH 4 OUR D4'S

On Thursday of Fever Week, we showed some love to our amazing D4 class with a special lunch just for them! As they gear up for graduation, we wanted to keep them feeling connected and remind them that ASDA is with them every step of the way. It was a great chance to celebrate their journey, keep them engaged, and, of course, keep that ASDA fever burning strong as they prepare for the next chapter of their careers!



ASDA SWAG DISTRIBUTION

On Thursday, our Board came together to distribute fun swag items for all the classes. The star of the show was our ASDA t-shirt, thoughtfully designed by our Marketing Team to celebrate our theme for the year, "Lights! Camera! Action!". In addition, we handed out free sunscreen sticks, beverage cozies, tooth-shaped ice packs and stress balls, courtesy of our sponsors at Heartland Dental. We also distributed free toothpaste from our friends at Colgate!

BEACH CLEAN UP

Our beach clean-up event gave students the opportunity to make a meaningful impact on the local community while enjoying a beautiful morning outdoors. It was a perfect reflection of one of our goals for the year - creating more opportunities to engage in community service! We came together to clean up the beach, contributing to environmental protection while building connections with our peers. Overall, it was a great way for students to extend their positive influence beyond the dental field.



SMOOTHIE SATURDAY

Our Wellness Team hosted this event to encourage our members to be mindful of how they nourish their minds and bodies. By selecting a smoothie shop that uses nutritious, wholesome ingredients, the event highlighted the importance of fueling our bodies in ways that support both mental and physical well-being. Self-care goes beyond mental wellness - it also includes taking care of our body, which works tirelessly for us every day. Our aim was to reinforce the importance of mindfulness, balance and health in our busy lives as dental students.

