



Charlotte Hygiene Study Club meetings are held on the main campus of  
**Central Piedmont Community College** in the  
Levine Health Sciences Building, Room 102. Dinner is provided.

### **2026 Meeting Dates**

- February 5, 2026  
Lynn Pencek, RDH, MS, Practice At Your Best, LLC  
*"And the Answer is... It Depends!!"*  
*Answers to your questions about dental implant maintenance"*
- May 14, 2026  
Dr. John Comisi, DDS, MAGD, D'ASBA, Professor, The Dental College of Georgia at Augusta University, Diplomate – American Sleep and Breathing Academy.  
*"Sleep-related Breathing Disorders: Hiding in Plain Site!"*
- September 10, 2026  
Thomas Viola, R.Ph., C.C.P. Clinician, Educator, Speaker, Author.  
*"Substance Abuse and Mental Health"*  
  
\*this course will fulfill the NC requirement, Hygiene: 21 NCAC 16I .0206, of "one-hour continuing education course every two years on the subject of substance abuse and mental health"  
\*\*NO recording will be available for this lecture. In-person and virtual options are still available.
- November 5, 2026  
TBD

**Location:** CPCC Central Campus, Levine Health Sciences Building, Room 102,  
1224 Charlottetowne Ave, Charlotte, NC 28204  
**FREE Parking:** Parking Deck 2, 1108 Charlottetowne Ave, Charlotte, NC 28204

*\*We also offer a virtual option.*