



Mara Sand, RDH

Nelson, BC

When Mara graduated from dental hygiene school in 1991, she joined the Dental Public Health Program in Nelson, BC, and made access to dental care a primary focus of her career. During her 26 years there, she helped develop and administer the Kootenay Dental Access Fund, in addition to connecting children and families to needed dental care through various child- and family-specific funding programs. In 2008, she was honoured to receive the BCDHA Barbara J Heisterman Award for outstanding innovation and commitment to care. In 2011, Mara collaborated with local leaders, advocacy groups, and special interest groups in her community to form the West Kootenay Community TEETH (WKCT) Clinic Society, which is currently in its seventh year of operating a low-cost dental clinic. Mara continues to serve as an active board member of the WKCT Society. Throughout her career, whether in dental public health, periodontal or general practices, or operating her own independent dental hygiene practice (since 1996), Mara has strived to encourage people to love and enjoy oral health. Her dedication to empowering her clients to maintain oral health habits and assisting them in accessing the quality dental care they need and deserve has brought smiles to many faces.

