



THE CANADIAN DENTAL
HYGIENISTS ASSOCIATION
L'ASSOCIATION CANADIENNE
DES HYGIÉNISTES DENTAIRES

CDHA STUDENT LEADER SPOTLIGHT

presented by



CDHA student leaders are selected each year to serve as representatives for each accredited dental hygiene program in Canada, and each one receives a bursary courtesy of Colgate. These students develop their leadership skills and help shape the future of the profession. Let's take a closer look at one of our amazing trailblazers!

Kyla Fritz APLUS Institute

- Q** *Tell us about yourself.*
- A** When I'm not working or studying, I enjoy reading, watching movies, spending time with my two cats, and making memories with my nieces and nephews.
- Q** *What is one thing that most people wouldn't know about you?*
- A** I am a member of Canada's National Karate Team and represent Canada in international competitions.
- Q** *What places would you like to visit?*
- A** A trip to Kyrgyzstan for a horseback riding adventure is high on my bucket list.
- Q** *What is your favourite band/musician?*
- A** Blondie
- Q** *What is your favourite movie?*
- A** Spirited Away
- Q** *What makes you smile?*
- A** Kindness, meaningful conversations, and the small gestures that can make someone's day a little brighter.
- Q** *Why did you decide to enroll in a dental hygiene program?*
- A** I chose to pursue dental hygiene because I am passionate about helping others and making a positive impact on their health and self-confidence.



Find out more about the CDHA
student leadership program at
cdha.ca/StudentLeader.