



## THE PROMISE

OSTEOPATHY'S PROMISE TO CHILDREN

Osteopathic Center San Diego  
3706 Ruffin Road, San Diego CA 92123

### Advanced Seminar on the “Frymann Approach” to TMJD & Interaction with Dentistry and Orthodontics

**Course Director: Raymond J. Hruby, DO**



#### Core Faculty (in chronological order)

Raymond J. Hruby, DO, MS, FAAO (Dist)  
David Marcus, DDS  
Julie Mai, DO

#### Instructional Format

**This is an Internet On-Demand Activity:**

This course is a pre-recorded online course that can be viewed at any time. This CME activity will be available for purchase through March 2025 for three years from the date of original posting. OPC

ensures that the content is still up-to-date and accurate by means of semi-annual review. This CME activity has a content expert available for any questions on content from participants during the life plus one week of the activity. The content expert will answer participant questions within one week of the inquiry. Email your questions or comments to [cme@the-promise.org](mailto:cme@the-promise.org) or call the office at 619-548-8815.

**Original Program Date:** March 12, 2022

**Updates:** Content is updated & accurate  
(update: interview on 6/13/22 David Marcus, DDS)

**Cost:** \$120, register [here](#)

**Access:** 30 days\*

**Estimated Time to Complete:** 255 min / 4.25hrs  
(100% viewing of this course)

**CME:** Osteopathy is accredited by the American Osteopathic Association (AOA) to provide osteopathic continuing medical education for physicians. Osteopathy's Promise to Children (OPC) designates this activity for a **maximum of 4.25 AOA Category 1-A credits** and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

\* If a longer timeline for viewing is needed please contact the office at [cme@the-promise.org](mailto:cme@the-promise.org) with your request.

**CME Sponsor:** Osteopathy's Promise to Children (OPC)

#### Activity Website

<https://promise.ce21.com/>

#### Course Description

TMJD is a frequently encountered condition in clinical practice, and is often a complex,

multi-faceted problem. Effective treatment varies for patients, requiring careful and detailed evaluation and individually tailored treatment plans. This on-demand webcast will offer participants the opportunity to learn how osteopathic principles and practice apply to the diagnosis and treatment of TMJD, how the osteopathic physician can collaborate with dentists and orthodontists for optimum treatment of this condition, and will meet the needs of interested physicians who want to increase their knowledge in this area of medical practice, including assessment of existing and emerging therapies, as they develop customized treatment plans via interactive case scenarios. Participants will have an understanding of contributable causes of TMJD, and various approaches to addressing and treating TMJD in collaboration with dentists.

#### Educational Need

The activity will address osteopathic clinicians', as well as other practicing clinicians', needs to improve knowledge, competence and/or performance for the treatment of temporomandibular joint dysfunction (TMJD) by leveraging the principles of osteopathic medicine.

\* This is OMM/OMT/OPP activity and as such is part of the profession and exempt from the AOA practice gap analysis requirement.

#### Evidence-based Resources

Hruby RJ. Temporomandibular Joint Dysfunction. In: Seffinger MA, Hruby RJ. Evidence-Based Manual Medicine. Philadelphia: Saunders Elsevier, 2007:207-220.

Frymann, VM. Cranial osteopathy and its role in disorders of the temporomandibular joint. In: The Collected Papers of Viola M. Frymann, DO, Legacy of Osteopathy to Children. Indianapolis: American Academy of Osteopathy, 1998:174-181.

Frymann, VM. Why does the orthodontist need osteopathy in the cranial field? In: The Collected Papers of Viola M. Frymann, DO, , Legacy of Osteopathy to Children. Indianapolis: American Academy of Osteopathy, 1998:182-183.

Frymann, VM. Osteopathy for dentists: basic concepts. In: The Collected Papers of Viola M. Frymann, DO, Volume 2: Legacy to Osteopathy. San Diego: Osteopathy's Promise to Children, 2021:304-310.

Frymann, VM. Osteopathy for dentists: history and application. In: The Collected Papers of Viola M. Frymann, DO, Volume 2: Legacy to Osteopathy. San Diego: Osteopathy's Promise to Children, 2021:311-315

Frymann, VM. Objectives of treatment. In: The Collected Papers of Viola M. Frymann, DO, Volume 2: Legacy to Osteopathy. San Diego: Osteopathy's Promise to Children, 2021:316-321.

Frymann, VM. Temporomandibular joint. In: The Collected Papers of Viola M. Frymann, DO, Volume 2: Legacy to Osteopathy. San Diego: Osteopathy's Promise to Children, 2021:322-332.

Frymann, VM. Primary respiratory mechanism. In: The Collected Papers of Viola M. Frymann, DO, Volume 2: Legacy to Osteopathy. San Diego: Osteopathy's Promise to Children, 2021:333-336.

Schiffmann E, Ohrbach R, Truelove E, et al. Diagnostic Criteria for Temporomandibular Disorders (DC/TMD) for Clinical and Research Applications: recommendations of the International RDC/TMD Consortium Network and Orofacial Pain Special Interest Group. J Oral Facial Pain Headache. 2014;28(1):6-27. doi:10.11607/jop.115

### **Educational Objectives**

By the completion of the course, the participant will be able to:

1. Describe the pertinent anatomy involved with TMJD.
2. Describe the research substantiating the

application of evidence-based OMT for: temporomandibular joint dysfunction (TMJD).

3. Assess the applicability of OMT procedures for TMJD to their clinical practice and integrate them in the care of their patients.
4. Describe how osteopathic physicians and dentists can collaborate to optimize patient (Osteopathic Principles and Practice, Osteopathic Patient Care, Interpersonal and Communication Skills in Osteopathic Medical Practice, Professionalism in Osteopathic Medical Practice)

### **Target Audience**

This activity is open for all osteopathic and medical physicians (DO/MD), Dentist (DDS/DMD), Medical Student (DO/MD), and International Osteopaths.

### **Prerequisites**

Registrants must have had at least one previous course in osteopathic manipulative medicine.

### **Accreditation Statement/Credit Designation**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the American Osteopathic Association (AOA). This education program is designed to provide CME for osteopathic physicians and other health care professionals who practice OMM/OMT.

[Osteopathy's Promise to Children \(OPC\) is accredited by the American Osteopathic Association to provide osteopathic continuing medical education for physicians.](#)

Osteopathy's Promise to Children (OPC) designates this activity for a maximum of 4.25 AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

All OPC CME activities have a content expert available for any questions on content from CME participants during the life of the event plus one week. The content expert will answer participant questions within one week of an inquiry. Contact us at [cme@the-promise.org](mailto:cme@the-promise.org) with any questions or comments.

### **Instructional Method of Participation**

To participate in the activity, physicians or any seeking CME credit will be required to complete all of the following steps:

1. Read the brochure with the Educational Need, Learning Objectives, Faculty Disclosures and Agenda.
2. Complete the Pre-Activity Quiz (testing pre-existing subject knowledge) via your account online via the orange Certificate button.
3. Participate in the activity.
4. Complete the Post-Activity Quiz. A grade of 80% or above is required to pass the quiz. Attempts allowed: 3. Grading method: highest grade. If you do not pass three Post-Activity Quiz attempts, the office will be notified and will make arrangements to address the issue. The course director or a content expert will contact you within one week to review any questions on course content. Once you successfully obtain a passing score, you can move onto the next step towards your certificate.
5. Attest to the satisfactory participation in the activity. OPC verifies your CME attestation via the viewing data in your account.
6. Complete the Post-Activity Speaker and Course Evaluation and the Outcome Measure Survey.
7. You will receive CME credit upon successfully passing the Post-Activity Quiz and completing all Post-Activity Evaluations and Surveys.
8. Your Certificate of Completion (or Certificate of Attendance) can be accessed in your account via the orange Certificate button after ALL these steps are complete.

### OPC Faculty Disclosure Declaration

Osteopathy's Promise to Children has implemented a policy to comply with the AOA and ACCME standards for Commercial Support requiring resolution of all conflicts of interest. Faculty declaring a relevant commercial interest must be identified in the activity syllabus and/or program.

In accordance with disclosure policies of AOA and the ACCME, every effort has been made to ensure all CME activities are balanced, independent, objective, and scientifically rigorous. These policies include complying with ACCME's Standards for Commercial Support and resolving all possible conflicts of interest for the Planning committees, Authors, Faculty and staff.

Any relevant financial relationship which occurred in the twelve-month period before the time an individual was asked to assume a role controlling content in this CME activity, and which relates to the content of the educational activity, causing a conflict of interest must be disclosed here. The following faculty, presenters and planning committee members have indicated that they have no relationships with ineligible companies that could be perceived as a potential conflict of interest.

Name of Faculty/ Presenter/ Planner	Role(s)	Reported Financial Relationship
Raymond J. Hruby, DO, MS, FAAO (Dist)	Course Director/ Speaker	None
David Marcus, DDS	Speaker	None

Julie Mai, DO	Speaker	None
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The following faculty member has indicated that they have a relationship that could be perceived as a potential conflict of interest:

Name of Faculty or Presenter	Role(s)	Reported Financial Relationship
There are no recorded conflicts of interest.		

### Course Director



**Raymond J. Hruby, DO, MS, FAAO (Dist)**

Dr. Raymond J. Hruby, DO, MS, FAAO (Dist) will speak on Temporomandibular Joint Dysfunction (TMJD): Osteopathic Concepts. Dr. Hruby is a graduate of the College of Osteopathic Medicine and Surgery in Des Moines, Iowa. He is board certified in Family Medicine/OMT by the American Board of Osteopathic Family Practice

and Osteopathic Manipulative Medicine by the American Osteopathic Board on Special Proficiency in Osteopathic Manipulative Medicine. Dr. Hruby completed a traditional internship at Osteopathic Hospital of Maine, Portland, ME and was in private practice for sixteen years. Retired as professor and chair of the Department of Osteopathic Manipulative Medicine at COMP, he continues consulting with the school's Department of NMM/OMM on teaching, research, curriculum analysis and development, new faculty mentorships and Predoctoral OMM Fellows. He is involved with WUHS's Interprofessional Education program, and lectures part-time in the Graduate School of Basic Medical Sciences, among others. He is a fellow of the American Academy of Osteopathy and a member of the American Osteopathic Association, American Academy of Osteopathy, American College of Osteopathic Family Practitioners, Osteopathic Cranial Academy, Osteopathic Physicians and Surgeons of California, Memberships: AOA, AAO, ACOFP, OCA, OCSC. Cranial proficiency (OCA).

### Faculty



**David Marcus, DDS**



Dr. David Marcus, DDS, will speak on “The Temporal bones, Sacrum & Occiput: Their Interrelationships & Impact on Dental Issues & common questions: the relationship between osteopathy & dentistry, how do the dentist & osteopath work together, what should dentists know about osteopathy & vice versa”.

Dr. Marcus is a graduate of the Loyola University College of Dental Surgery and began his private practice in Chicago, Illinois. He met Dr. Frymann in New York in 1979 and completed her 5-day basic cranial course there. He subsequently participated in her 3-day advanced course, as well as her 5-day course again in 1981 and 1982. The cranial concept and practice became a major part of his dental practice, enhancing and expanding his ability to more completely treat patients. In 1983, Dr. Frymann invited Dr. Marcus to assist as a table trainer in her basic cranial course; they collaborated in this way for the next 29 years until Dr. Frymann retired.

Though retired from active clinical dentistry in 2020, Dr. Marcus continues to practice the dental application of cranial procedures to resolve the many complex dental and other undiagnosed pain and discomfort issues referred to his dental office. Marcus Dental Practice, located in the heart of Chicago’s Loop, has been providing exceptional patient care for over 55 years. He focuses on acquiring skills in the treatment of Temporomandibular Joint Problems (jaw pain) and Myofascial Pain Dysfunction (head and neck pain).



#### **Julie Mai, DO**

Dr. Julie Mai, DO will speak on “Bridging Osteopathy with Dentistry as a Team”. Dr. Mai is a graduate of the University of California, San Diego, CA and Touro University College of Osteopathic Medicine, Vallejo, CA. Dr. Mai completed a traditional internship at Chino Valley Hospital in Chino, CA. She currently practices at her two private osteopathic practices in Encinitas, CA and Costa Mesa, CA. She serves on the Board of Directors for Osteopathy’s Promise to Children and Osteopathic Cranial Academy. She is a member of the American Osteopathic Association, American Academy of Osteopathy, Osteopathic Cranial Academy, American Academy of Pediatric Osteopathy. Memberships and Proficiencies: AOA, AAO, OCA, AAPO. Cranial proficiency (OCA).

#### **CME Policy Statements**

Osteopathy’s Promise to Children (OPC) offers both live events and on-demand sessions using the same caliber of speakers who would present at in-person events. OPC offers online opportunities for Continuing Medical Education (CME) credits.

Each course or online event offers AOA Category 1-A CME credits. CME sessions are delivered on the CE21 Learning Management System. Once you have used the Learning Center, you will have a profile established that will allow you to access all available sessions, view speaker profiles, track CME credits gained through the system, and generate CME certificates based on the sessions completed. All OPC CME activities have a content expert available for any questions on content from CME participants during the life plus one week of the activity. The content expert will answer participant questions within one week of an inquiry. Contact us at [cme@the-promise.org](mailto:cme@the-promise.org) with any questions or comments.

#### **Disclaimer**

The information in this educational activity is for general medical education purposes only and is not meant to substitute for the independent medical judgment of a physician relative to diagnostic and treatment options of a specific patient’s medical condition. The viewpoints expressed in this CME activity are those of the authors/faculty. They do not represent an endorsement by OPC. In no event will OPC be liable for any decision made or action taken in reliance upon the information provided through this CME activity.

#### **Statement of Professional Ethics & Standards**

Osteopathy’s Promise to Children CME courses will foster an educational atmosphere of tolerance and mutual respect concerning gender, race, developmental challenges, sexual orientation, and professional background. Furthermore, these courses will adhere to the highest standards of osteopathic medicine’s professional ethics especially in regard to patient, student, and physician faculty communication and interactions. This includes clear informed consent when participating in educational exercises, and only

utilizing osteopathic techniques and practices designed to educate practitioners and/or compassionately and appropriately address patient suffering through osteopathic diagnosis, and treatment. Any deviation of these professional standards by physician faculty, staff, or student during a given course will not be tolerated.

### **Evidence-Based Content**

It is the policy of the OPC to ensure that the content contained in this CME activity is valid, fair, balanced, scientifically rigorous, and free of commercial bias. Evidence-based medicine – first “coined” in 1991 (JAMA). “Conscientious, explicit, and judicious use of current best evidence in making decisions about the care of individual patients.” And, “Good doctors use both individual clinical expertise and the best available external evidence, and neither alone is enough.” BMJ 1996).

### **Disclosure Policy**

It is the policy of the OPC Continuing Education Committee to ensure balance, independence, objectivity and scientific rigor in all its educational activities. All persons in a position to control the content of an educational activity (i.e., activity planners, presenters, faculty, authors) participating in an educational activity provided by the OPC are required to disclose to the provider any relevant financial relationships with any commercial interest. OPC must determine if the individual’s relationships may influence the educational content and resolve any conflicts of interest prior to the commencement of the educational activity. The intent of this disclosure is not to prevent individuals with relevant financial relationships from participating, but rather to provide learners information with which they can make their own judgments. Faculty disclosures will be made in the syllabus and/or during faculty introductions. The audience is advised that one or more presentations

in this continuing education activity may contain references of unlabeled or unapproved uses of drugs or devices.

### **Resolution/Mechanism of Identified Conflict of Interest**

Independent sources of review include the following: All disclosures will be reviewed by the activity Course Director, Physician Leadership Team, and Executive Director for identification of conflicts of interest. Reviewers, working with the activity directors, will document the mechanism(s) for management and resolution of the conflict of interest, and final approval of the activity will be documented prior to implementation.

Any of the mechanisms below can/will be used to resolve conflict of interest:

- Peer review for valid, evidence-based content of all materials associated with an educational activity by the activity director
- Limit content to evidence with no recommendations
- Introduction of a debate format with an unbiased moderator (point-counterpoint)
- Inclusion of moderated panel discussion
- Publication of a parallel or rebuttal article for an article that is felt to be biased
- Limit equipment representatives to providing logistics and operation support only in procedural demonstrations
- Divestiture of the relationship by faculty: The reviewer should be a physician or other scientist with knowledge of the specialty area being reviewed and oftentimes the Executive Director will perform this first review and can then appoint a physician as an independent reviewer. The independent reviewer is not involved in the planning of this CME Activity and cannot have a relationship with any corporate entity

supporting the CME activity. The reviewer should have a copy of this policy and a copy of the Standards for Commercial Support to fully grasp their responsibilities as the reviewer

### **Off-Label or Unapproved Use of Drugs or Devices**

It is the policy of the OPC to require the disclosure of all references to off-label or unapproved uses of drugs or devices prior to the presentation of educational content. The audience is advised that this continuing medical education activity may contain reference(s) to off-label or unapproved uses of drugs or devices. Please consult the prescribing information for full disclosure of approved uses.

### **Cancellation and Refund Policy**

OPC reserves the right to change the delivery format, delay, or cancel a CME event due to any unforeseen circumstances. If an event is canceled, OPC will refund your registration fee in full. OPC will not be held responsible for the registrant’s travel, hotel or other costs incurred resulting from the cancellation. Substitutions of other CME events may be made at any time without an additional charge; email [cme@the-promise.org](mailto:cme@the-promise.org) with your request. Refunds will be issued for all cancellations received two weeks prior to the start of the event. However, an administrative fee of \$100.00 will be charged for all refunds. “No shows” are subject to the full CME event fee. Cancellations/substitutions must be made in writing by email to [cme@the-promise.org](mailto:cme@the-promise.org). No refunds or credits will be issued once the CME event has started.

### **Grievance Policy**

All grievances should be initially directed in writing to the OPC Executive Director by email to [director@the-promise.org](mailto:director@the-promise.org) who will share them with the OPC CME Program Committee. Grievances will receive a response within 30 days of receipt. If

you do not receive a satisfactory response, you may notify the Council on Continuing Medical Education, AOA, 142 East Ontario St., Chicago, IL 60611.

### **Zoom Privacy Notice**

When you join meetings and webinars hosted by OPC on Zoom, your profile information, including your name and profile picture, may be visible to other participants. Your name and email address will also be visible to the account owner, Osteopathy's Promise to Children, and hosts when you join meetings or webinars on their account while you're signed in. The account owner and others in the meeting can share this information with apps and others.

### **CE21 Online Platform Privacy Statement**

In accordance with the Accreditation Council for Continuing Medical Education (ACCME), accredited AOA providers that participate in CME activities on the Internet shall have a separate privacy policy for CME activities. The CME programs offered by the Osteopathy's Promise to Children (OPC) respect and value your privacy and the confidentiality of the information you choose to share with us. We are committed to the protection of this information and will ensure your privacy when participating in CME activities on our website. You may visit OPC's website without identifying yourself or revealing any personal information. If you choose to provide personally identifiable information (any information by which you can be identified), it will only be used to support your relationship with the Learning Center programs. Read more about OPC CE21 Online Education Privacy Statement [here](#).

### **Special Assistance**

OPC complies with the Americans with Disabilities Act §12112(a). If any participant is in need of special assistance or has any dietary restrictions,

please email us at [cme@the-promise.org](mailto:cme@the-promise.org) or call 619-548-8815 for assistance.

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**Your registration and enrollment in the Program constitutes your release, waiver and consent to the following policies:**

### **Liability Release and Waiver**

THIS PROGRAM MAY INVOLVE PHYSICAL ACTIVITY, INCLUDING CONTACT BY AND WITH FACULTY AND OTHER COURSE PARTICIPANTS. THIS PHYSICAL ACTIVITY, INCLUDING BUT NOT LIMITED TO PHYSICAL DIAGNOSTICS AND MANUAL THERAPEUTICS, COULD POSSIBLY ENTAIL RISK FOR COURSE PARTICIPANTS OF NEW INJURY OR AGGRAVATION OF PRE-EXISTING CONDITIONS. ALL COURSE PARTICIPANTS ACKNOWLEDGE AND AGREE TO ASSUME ALL RESPONSIBILITY AND RISK FOR ALL LOSSES AND DAMAGES, INCLUDING BUT NOT LIMITED TO ANY BODILY INJURY, DEATH, AND PROPERTY DAMAGE, ARISING OUT OF OR INCIDENT TO (I) ATTENDING THE COURSE, (II) PARTICIPATING IN THE COURSE, (III) USING EQUIPMENT OR FACILITIES DURING THE COURSE, AND (IV) USING OR MISUSING ANY KNOWLEDGE OR INFORMATION OBTAINED OR DERIVED FROM THE COURSE.

### **Indemnity**

All course participants acknowledge and agree to indemnify, defend, and hold harmless OPC, OPC's officers, directors, employees, agents, affiliates, licensors, partners, independent contractors, suppliers and subcontractors from and against all claims, actions, suits, proceedings, losses, obligations, damages including but not limited to any bodily injury, death, and property damage, liabilities, costs, debt and expenses, whether

known or unknown, anticipated or unanticipated, arising out of or incident to (i) attending the course, (ii) participating in the course, (iii) using the equipment or facilities during the course, or (iv) using or misusing any knowledge or information obtained or derived from the course at or outside of the course location. OPC reserves the right, at course participant's expense, to assume the exclusive defense and control of any matter for which course participant is required to indemnify OPC and course participant agrees to cooperate with OPC's defense of these claims. Course participant agrees not to settle any matter without the prior written consent of OPC. OPC will use reasonable efforts to notify course participants of any such claim, action, suit, or proceeding upon becoming aware of it. It is the responsibility of all participants to use the information provided within the scope of their professional license or practice.

### **Consent For Use of Photographic Images**

Registration and attendance at or participation in OPC meetings and other activities constitutes an agreement by the registrant to OPC's use and distribution (both now and in the future) of the registrant or attendee's image or voice in photographs, videotapes, electronic reproductions, and audiotapes of such events and activities. To opt out of the agreement to consent to use of photographic images you must notify OPC in writing stating your desire to opt out by emailing OPC at [cme@the-promise.org](mailto:cme@the-promise.org) prior to the start of the event.

I HAVE READ THIS RELEASE OF LIABILITY AND WAIVER, THE INDEMNITY PROVISIONS AND THE CONSENT TO USE MY IMAGE, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY ENROLLING IN THE PROGRAM AND DO SO VOLUNTARILY.

### Policy Consent Notice

**NOTE:** Prior to purchasing or registration for this program we ask that you review the Policies as stated above. These policies are in every Course Brochure and on the CE21 (registration) platform when you purchase or register for any product. Your enrollment in the Program constitutes your release, waiver and consent to the stated policies.

### Contacts

Osteopathy's Promise to Children  
3706 Ruffin Road, San Diego, CA 92123  
[cme@the-promise.org](mailto:cme@the-promise.org)  
619-548-8815

For questions regarding the content of this program, contact: Beth Levendoski, Executive Director at [director@the-promise.org](mailto:director@the-promise.org).

For questions regarding CME's, please contact: CME Administrator at [cme@the-promise.org](mailto:cme@the-promise.org).

## Agenda

<b>Advanced Seminar on the “Frymann Approach” to TMJD &amp; Interaction with Dentistry and Orthodontics</b>			
<b>Offered through Osteopathy's Promise to Children at the Osteopathic Center San Diego</b>			
<b>Course Director:</b> <b>Raymond J. Hruby, DO, MS, FAAO (Dist)</b>			
<b>Original Date: March 12, 2022</b>			
<b>Total</b>	<b>Topic</b>	<b>Location</b>	<b>Speaker</b>
0h 05m	Lecture: Course Introduction & Background	online	Hruby
1h 00m	Lecture: Temporomandibular Joint Dysfunction (TMJD): Osteopathic Concepts	online	Hruby
0h 10m	Faculty Panel: Q&A and Discussion	online	Hruby, Marcus, Mai
0h 30m	Interview: The Temporal bones, Sacrum & Occiput: Their Interrelationships & Impact on Dental Issues & common questions: the relationship between osteopathy & dentistry, how do the dentist & osteopath work together, what should dentists know about osteopathy & vice versa	online	Hruby, Marcus
1h 30m	Lecture: Bridging Osteopathy with Dentistry as a Team	online	Mai
0h 45m	Faculty Panel: Q&A and Discussion	online	Hruby, Marcus, Mai
0h 15m	Lecture: Closing Comments	online	Hruby



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