

Habits to Smile About

June - National Oral Health Month

A healthy mouth starts with good habits!

Here are three habits that can make a difference for a lifetime:

- Brush twice daily with fluoride toothpaste
- Cut down on sugary food and drinks
- Have your teeth cleaned and checked regularly



Make your appointment with the
Ko-Kwel Wellness Center Dental Clinic
(541) 982-3397 or (541) 888-9494, opt. 6

Dental is available only at Coos Bay location