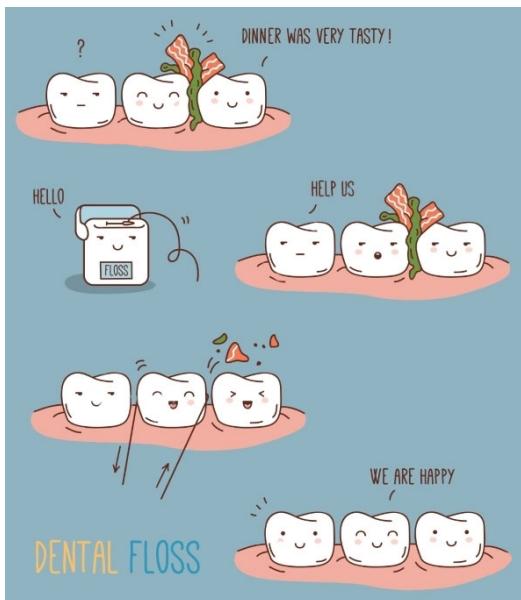




NOTES FROM THE NURSES

Keeping your teeth healthy

BRUSH MORNING AND NIGHT



FLOSS AFTER MEALS & BRUSHING



- Good oral hygiene helps prevent **bad breath**, **cavities** and **bleeding gums**.
- Be sure to replace your toothbrush every 4 months to prevent germs from building up on the bristles.



Keep on brushing!

~, the Nurses