

HABITS THAT MAKE A DIFFERENCE

Did you know that **nurturing good habits** as a family contributes to your oral health?



Passing on good habits from generation to generation is an important way to care and protect.





Brushing your teeth

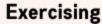


Using dental floss and mouthwash



Eating a healthy diet







Not smoking

Remember to visit your dentist regularly.

Now you know it, Healthy Mouth, Healthy Body

Support:













