

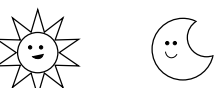



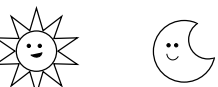
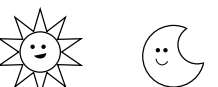



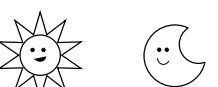



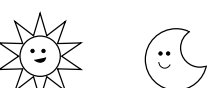



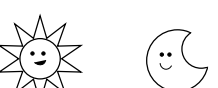


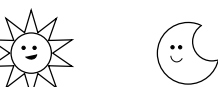
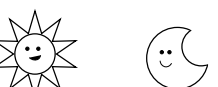


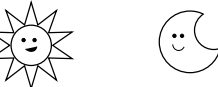
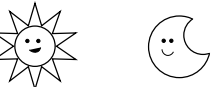


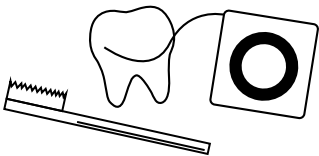
# BRUSHING CHART

<u>                    </u> 's Brushing Chart	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				
<b>Sunday</b>				

Tips for a healthy smile



Eat a healthy diet of water, fruits and vegetables while limiting your sugary beverages and snacks intake.



Brush your teeth twice a day using fluoride toothpaste and floss between teeth at least once a day.



Visit your dentist for a cleaning and checkup twice a year.

