



*Total*  
**Your Health  
Begins  
With Your  
Dental  
Hygienist!**

There is a direct link between oral health and your overall health.

Brush, floss, rinse, eat healthy, and see your dental hygienist regularly.

**Learn more:**

**[www.dentalhygienecanada.ca](http://www.dentalhygienecanada.ca)**

Your own NDHW message

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