



# COME ON IN!

## Your Total Health Starts Here

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)



# KEEP OUT...

## ...Plaque, Gum Disease & Cavities!

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