



THE CANADIAN DENTAL  
HYGIENISTS ASSOCIATION  
L'ASSOCIATION CANADIENNE  
DES HYGIÉNISTES DENTAIREs

## Colouring Contest

Child's first & last name:

\_\_\_\_\_

age:

\_\_\_\_\_

email:

\_\_\_\_\_

phone number:

\_\_\_\_\_

school/dental hygienist/clinic:

\_\_\_\_\_

### Deadline:

May 1, 2025

### Submit your entry!

email to: [marketing@cdha.ca](mailto:marketing@cdha.ca)

or mail to: 1122 Wellington St W  
Ottawa, Ontario  
K1Y 2Y7

### Prizes:

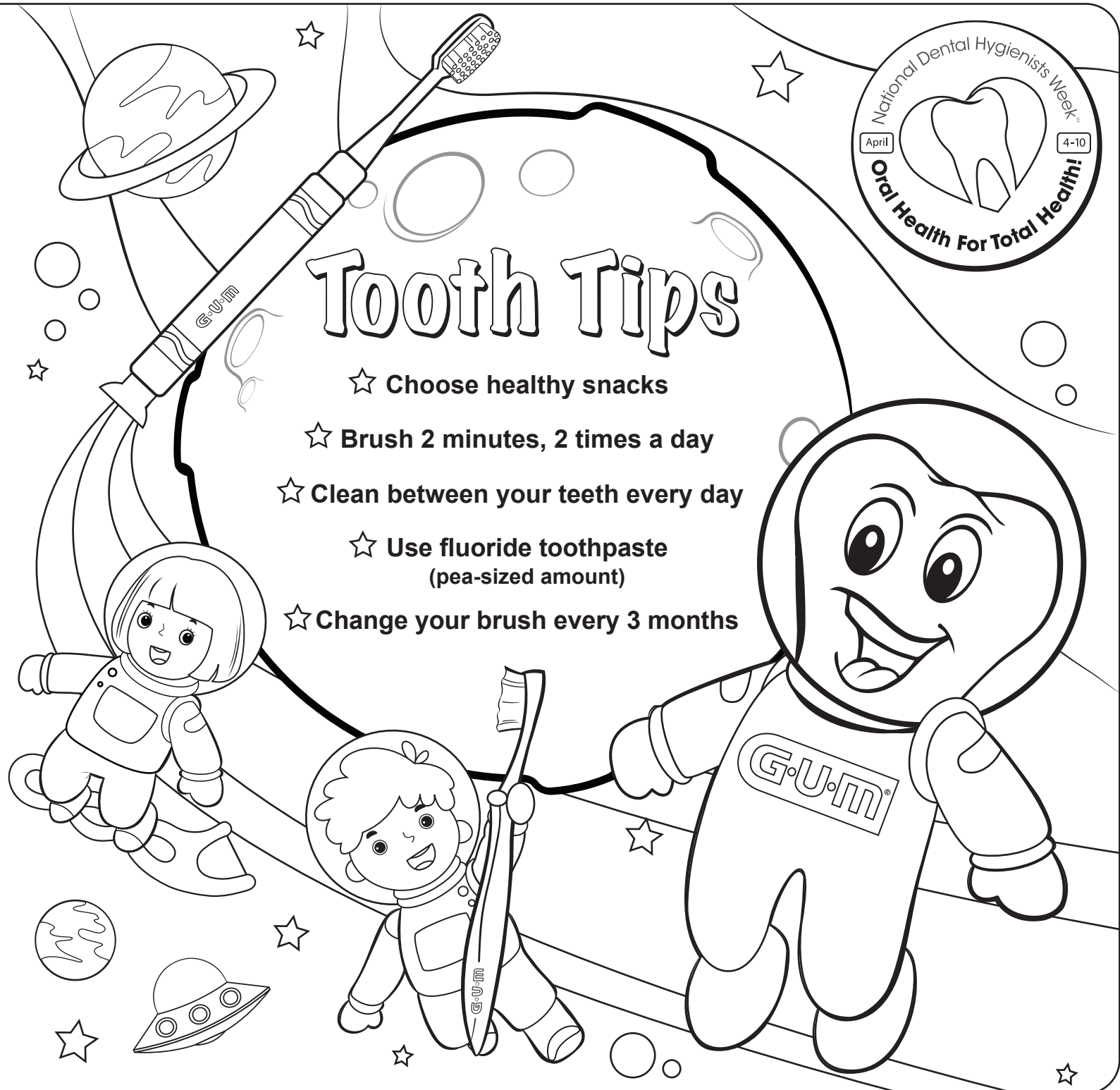
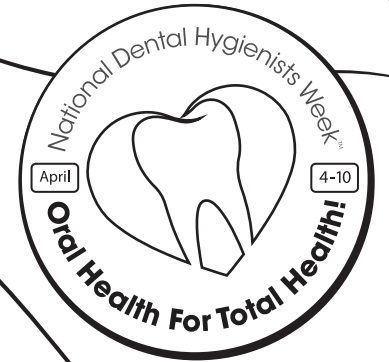
Win a Toys R Us gift card and kids' oral health prize packs from G·U·M



[gumbrand.ca](http://gumbrand.ca)



DENTAL  
HYGIENE  
CANADA.CA



# Tooth Tips

- ★ Choose healthy snacks
- ★ Brush 2 minutes, 2 times a day
- ★ Clean between your teeth every day
- ★ Use fluoride toothpaste (pea-sized amount)
- ★ Change your brush every 3 months