

## Colouring Contest

Child's first & last name:

age:

email:

phone number:

school/dental hygienist/clinic:

**Deadline:**  
May 1, 2026

**Submit your entry!**  
Upload to: [cdha.ca/NDHWcolouring](http://cdha.ca/NDHWcolouring)  
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:



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



DENTAL  
HYGIENE  
CANADA.CA

