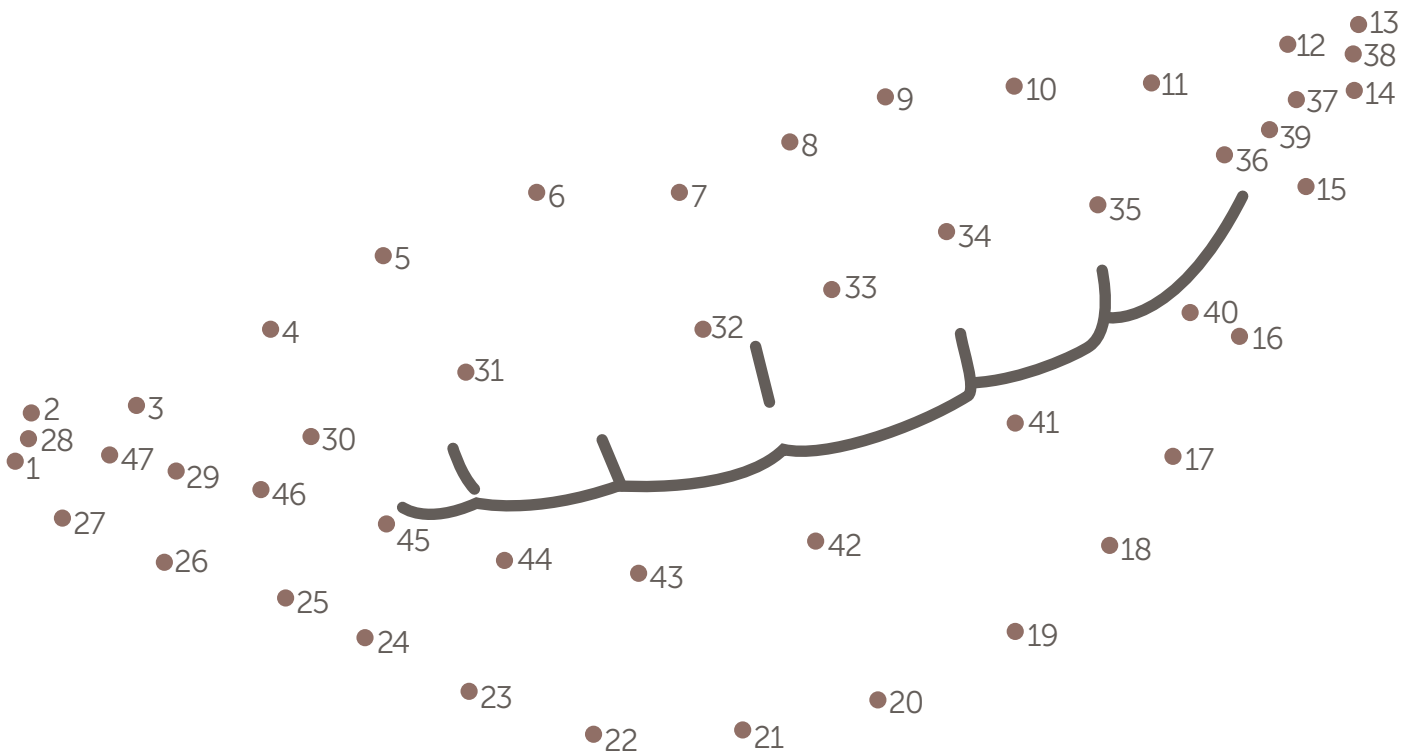


connect the dots

# healthy smile



## How to keep a healthy smile

1. Brush your teeth TWO times each day for TWO minutes
2. Eat healthy meals and snacks
3. Drink plenty of tap water throughout the day
4. Visit your dentist every 6 months for a check-up and clean