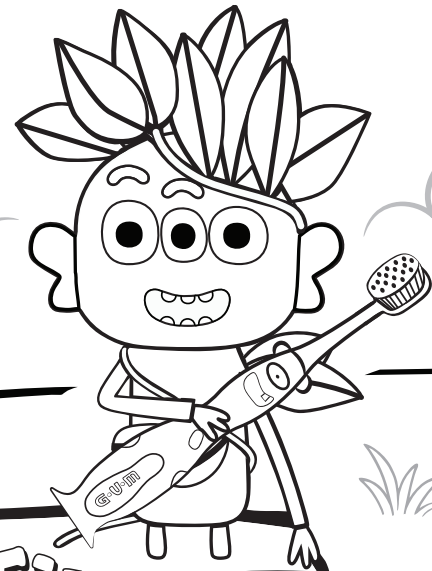









THE CANADIAN DENTAL
HYGIENISTS ASSOCIATION
L'ASSOCIATION CANADIENNE
DES HYGIÉNISTES DENTAIRES



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

