



**SADA**  
THE SOUTH AFRICAN  
DENTAL ASSOCIATION

# SAY Ahh

UNITE FOR MOUTH HEALTH



World Oral  
Health Day  
20 March



FDI World Dental Federation



**Your mouth is amazing! It helps you eat, speak and smile confidently—to enjoy life.**

This World Oral Health Day, encourage your local community to make a pledge to look after their oral health - starting with a visit to the dentist. In return, make a pledge to educate patients on the mouth-body connection.

**PLEDGE**

WE WANT YOUR COLLECTIVE EFFORTS AND PLEDGES TO LEAD TO HAPPIER HEALTHIER LIVES.

SCAN ME FOR MORE INFO



#WOHD20  
Instagram, Twitter, Facebook icons

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