

SAY Ahh

ACT ON MOUTH HEALTH



REMEMBER

EAT HEALTHY by avoiding sugary snacks and drinks, especially between meals

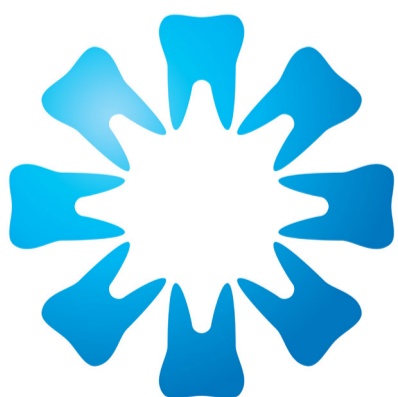
BRUSH YOUR TEETH twice every day, after you wake up and before you go to bed

VISIT THE DENTIST regularly for a healthy mouth as you grow older

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THE SOUTH AFRICAN
DENTAL ASSOCIATION