

#SayAhh

#WOHD19

# SAY AHH

#SADA



## SADA

THE SOUTH AFRICAN  
DENTAL ASSOCIATION

Hi  
TOOTHIE!



## 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

SCAN ME FOR  
MORE INFO



[www.worldoralhealthday.org](http://www.worldoralhealthday.org)

[www.sada.co.za](http://www.sada.co.za)



World Oral  
Health Day  
20 March



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