National Children's Dental Health Month

Did you know that your mouth health is related to the overall health of your body? Keeping your mouth healthy can help keep your brain, heart, lungs, and kidneys healthy.
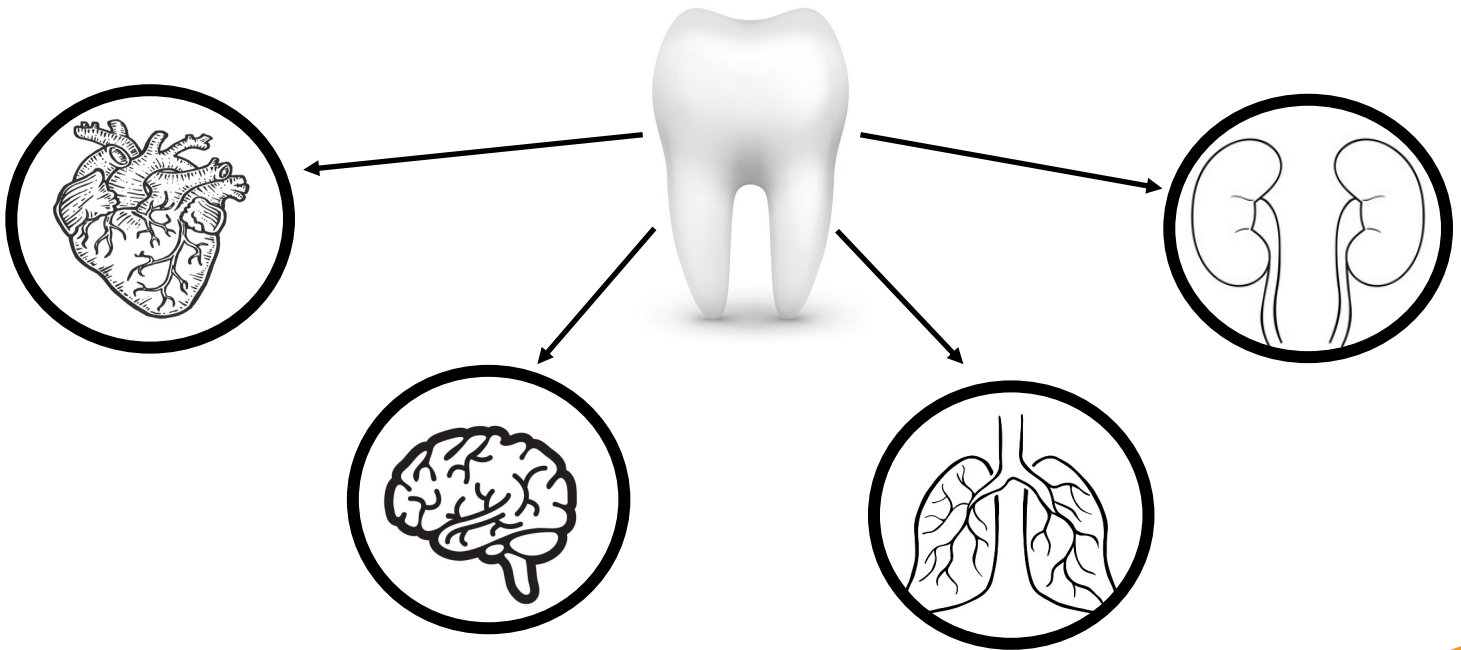
You can't be healthy without good oral health!

For a healthy mouth, remember to brush twice a day, eat health foods, and see your dentist at least once a year.