

## Wrigley's Smile back project dental health sessions!



*Top tips for smiles that sparkle!*

- 1) Make sure your whole family brush their teeth with fluoride toothpaste last thing at night and at least one other time during the day.
- 2) Reduce your sugar intake by cutting down on snacking throughout the day and looking out for hidden sugars in foods and drinks.
- 3) Visit your dentist regularly, as often as they recommend



**Wednesday 17<sup>th</sup> May 2017 10.00-11.00AM**  
–For children 0-2Years  
**Wednesday 14<sup>th</sup> June 2017 10.00-11.00AM**  
– For children 3-5Years

**Come along to our oral health sessions and learn about how to keep your children's teeth healthy! FREE GIFT PACK for each child!**

Please contact Elm Tree Children Centre to book your place!

Booking Essential!

01642 618738

