YOU CAN KEEP YOUR TEETH AND ENJOY EATING GOOD FOOD FOR LIFE.

Today many seniors are keeping their natural teeth for a lifetime and enjoying great benefits as a result. A healthy mouth helps you speak, enjoy a variety of foods and contributes to your overall health and well-being. Brush twice a day, floss daily, eat a balanced diet and visit your dentist regularly to detect problems early.

YOUR DENTAL HEALTH MATTERS
To learn more talk to your dentist or visit yourdentalhealth.ca