You cannot be healthy without oral health.  


Provided by:

Olympic Area Agency on Aging

Get in the Groove with Daily Mouth Care

**Brush**
Twice per day; 2 minutes each time (bedtime brushing is most important, choose a "soft" brush, and brush the tongue, too)

**Floss**
Once per day (cleans between teeth where the brush misses)

**Fluoride**
Get it in your toothpaste, mouth rinse, and water supply

For more information, or help finding a dental provider, call 1-888-4ELDERS or visit www.seniorsoralhealth.org
Find the Dentist

Your Home

Dentist

I WANT YOU TO FLOSS YOUR TEETH