

**brush**  
twice a day

**floss**  
daily

**chew**  
sugar-free gum

**daily 4**

**rinse**  
with mouthwash

## Start the conversation.

Celebrate National Dental Hygiene Month by talking with your dental hygienist about the 4 simple steps you can take each day to enjoy a lifetime of good oral health. #NDHM2016

