

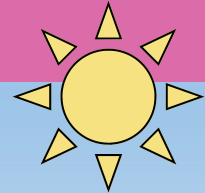
Mission In Motion

Health & Wellness Weekly Bulletin

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August 13, 2012 : Week 3

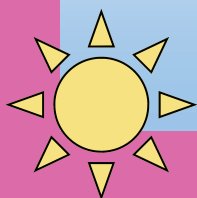
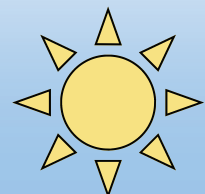


Save your smile

No matter how old you are, you need to take care of your teeth and gums. When your mouth is healthy, you'll be able to eat the foods you need for good nutrition. Plus, you'll feel better about smiling, talking and laughing. Use these tips to help your teeth last a lifetime.

- Brush your teeth two times a day using fluoride toothpaste.
- Floss each day.
- Visit your dentist for checkups and cleanings two times during the year.
- Eat nutritious foods and avoid sugary treats.
- Steer clear of tobacco products, and if you use them, quit.

Source: National Institutes of Health



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