

Oral Health Workshop for parents and carers

**You are invited to join our free
online workshop!**

It's essential to look after our teeth. This informal session will give you information and knowledge on how to make healthier choices.



- Brushing tips and techniques
- How to protect our teeth from sugary snacks
- Tooth-friendly foods and drinks
- Advice on visiting the dentist
- And more!

Friday 11 October, 10:30 - 11:00am

Meeting ID: 377 722 960 307

Passcode: z9kEs2

Scan the QR code to join

