



*Total*  
**Your Health  
Begins  
With Your  
Dental  
Hygienist!**

There is a direct link  
between oral health and  
your overall health.  
Brush, floss, rinse, eat  
healthy, and see your dental  
hygienist regularly.

**Learn more, visit**  
[www.dentalhygienecanada.ca](http://www.dentalhygienecanada.ca)



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