Collect a FREE Brushing 4 Life Pack!

Celebrating

World Oral Health Day

in

Haringey

20th March 2023

"Be proud of your mouth. Take care of it and keep smiling."

We are celebrating World Oral Health Day in Haringey on 20th March 2023. Good oral health is important for your overall physical and emotional wellbeing throughout life. You and your family should **brush your teeth twice a day**, **cut down on sugar**, and have **regular dental check-ups.**

Come and meet our friendly Oral Health Promotion Team, and collect a **free children's Brushing 4 Life Pack** at the locations below:

Park Lane Children's Centre, N17 0HB	20th March, 08:30-13:30
Triangle Children's Centre, N15 6NU	20th March, 13:30-18:00
Tynemouth Road Health Centre, N15 4RH	20th March, 09:00-14:30
Wood Green Library, N22 6XD	20th March, 09:00-14:30
Broadwaters Children's Centre, N17 6HE	20th-23rd March, 09:00-13:30

For more info, visit **haringey.gov.uk/oralhealth**

Haringey LONDON

World Oral Health Day 20 March

NHS Whittington Health NHS Trust