World Oral Health Day
Friday 20 March

This day raises awareness about the importance of caring for your mouth at every stage of life - from birth through later years.

World Oral Health Day reminds us that **"A Happy Mouth is a Happy Life."**

Every day we use our mouths in countless ways; eating, talking, laughing... and a healthy mouth makes life brighter and more enjoyable.

Remember to:
- Brush twice a day
- Cut down on sugary snacks
- and visit the dentist!

Make every smile healthier.