



# Brushing Up on Mouth Care



Oral health is an essential, but often overlooked, part of your overall health. By learning the basics of good mouth care, family & friend caregivers can play an important role in helping their care recipient to maintain good oral health.

Please join us for this informative workshop.

**When: Thursday, March 8<sup>th</sup> at 1:00 pm**  
**(Snow date: Thursday, March 22nd)**

**Where: Riverdale Community Centre**  
**106 Vince McCarthy Dr**  
**Lower River Inhabitants**

This is a free event but **pre-registration is required** by Tuesday, March 6<sup>th</sup>. Please call Maggie Roach-Ganaway at 902.371.3883 for more information.

