



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, February 22nd at 1:00 pm
(Snow date: Wednesday, February 28)

Where: Whitney Pier Seniors & Pensioner's Club
50 Breton St
Sydney

This is a free event but **pre-registration is required** by Tuesday, February 20th. Please call Maggie Roach-Ganaway at 902.371.3883 for more information.

