



# 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 22<sup>nd</sup> at 1:00 pm

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

This is a FREE event but **pre-registration is required** by Tuesday, March 20<sup>th</sup>. Please call Maggie Roach-Ganaway at 902.371.3883 for more information.

