

# Brushing Up on Mouth Care



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

Please join us for this informative workshop.

**When: Wednesday, February 25, 1:00 pm – 3:00 pm**

**Where: Forties Community Centre  
1787 Forties Road  
New Ross, NS**

This event is FREE of charge but you are asked to register by calling Trishe Colman: 902.228.2108, or Jennifer Briand at 902.521.5592 or toll-free at 1.877.488.7390.

Presented by Caregivers Nova Scotia in collaboration with  
Chester Recreation Department & Forties Community Centre.



  
**Caregivers**  
Nova Scotia  
for friends and family giving care