

You are invited!

Oral Hygiene Workshop

Arbour Vale School 23rd January 2020

The session will be led by Guest speaker **Dr Sanjay Sethi**

Former President of the British Academy of Aesthetic Dentistry.

Topics covered:

- ✓ Oral Hygiene essentials: Brushing techniques, mouthwash, flossing etc.
- ✓ The range of products available to support effective dental health
- ✓ Gum disease introduction, identification and strategies to reduce decay
- ✓ When, where and how often to seek professional dental support
- ✓ Dietary factors and a proactive holistic approach to oral hygiene
- ✓ A chance to ask informal questions over a cup of tea/coffee

All families' and members of the wider community welcome!

Thursday 23rd January

Arbour Vale School

1:45-2:30pm

