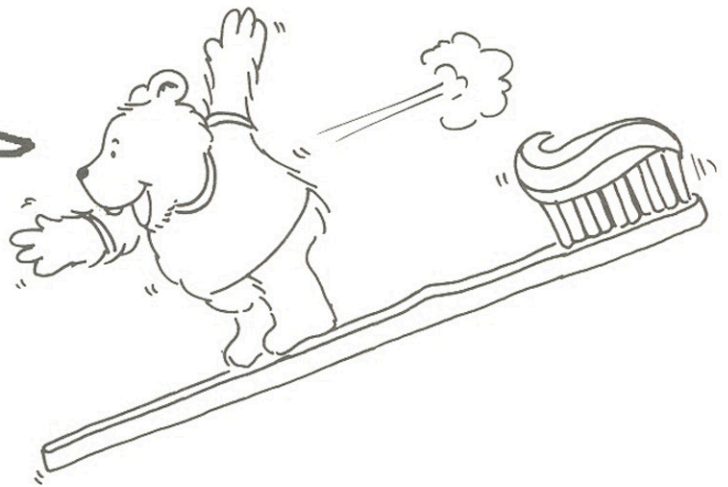


8. Healthy teeth make happy smiles.



Hey!
See if your family knows
as much as you do. Give
them a pop quiz on these
8 steps today!



Theo's No-Turning-Back

CAVITY-ATTACK!!!

1. Brush your teeth twice a day.



2. Use fluoride toothpaste.



3. If you can't brush after eating, swish and swallow.



4. See your dentist twice a year.



5. Avoid sweets.



6. Get sealants on your teeth.



7. Don't wait until it hurts.

