



THE CANADIAN DENTAL
HYGIENISTS ASSOCIATION
L'ASSOCIATION CANADIENNE
DES HYGIÉNISTES DENTAIRES

Colouring Contest

Child's first & last name:

age:

email:

phone number:

school/dental hygienist/clinic:

Deadline:

May 1, 2025

Submit your entry!

email to: marketing@cdha.ca

or mail to: 1122 Wellington St W
Ottawa, Ontario
K1Y 2Y7

Prizes:

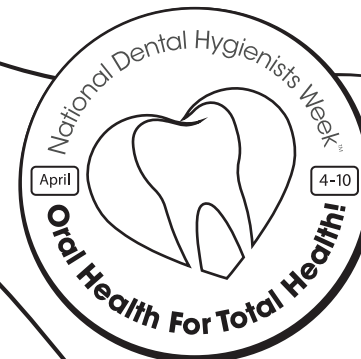
Win a Toys R Us gift card and kids'
oral health prize packs from G·U·M



gumbrand.ca



DENTAL
HYGIENE
CANADA.CA



Tooth Tips

- ★ Choose healthy snacks
- ★ Brush 2 minutes, 2 times a day
- ★ Clean between your teeth every day
- ★ Use fluoride toothpaste
(pea-sized amount)
- ★ Change your brush every 3 months

