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cohiweb.org

LAOHA and COHI thank
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**Protect and educate the family,
taking care of their oral health
and thus passing on good habits
from generation to generation.**



Visit your dentist regularly



Now you know.

**Take care of your gums:
Healthy mouth, healthy body.**

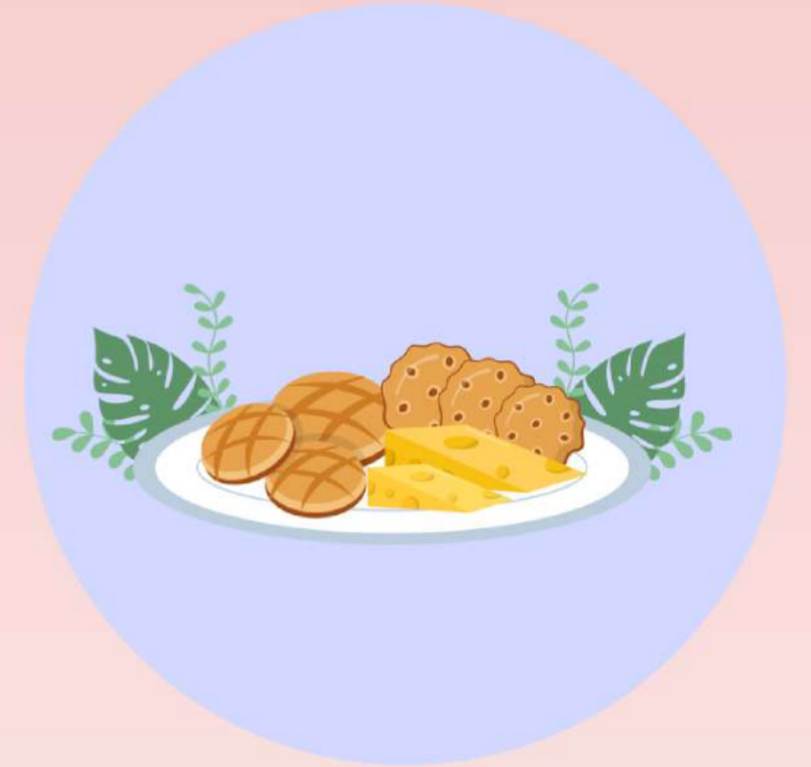
How can I keep my gums and body healthy?



Brushing teeth



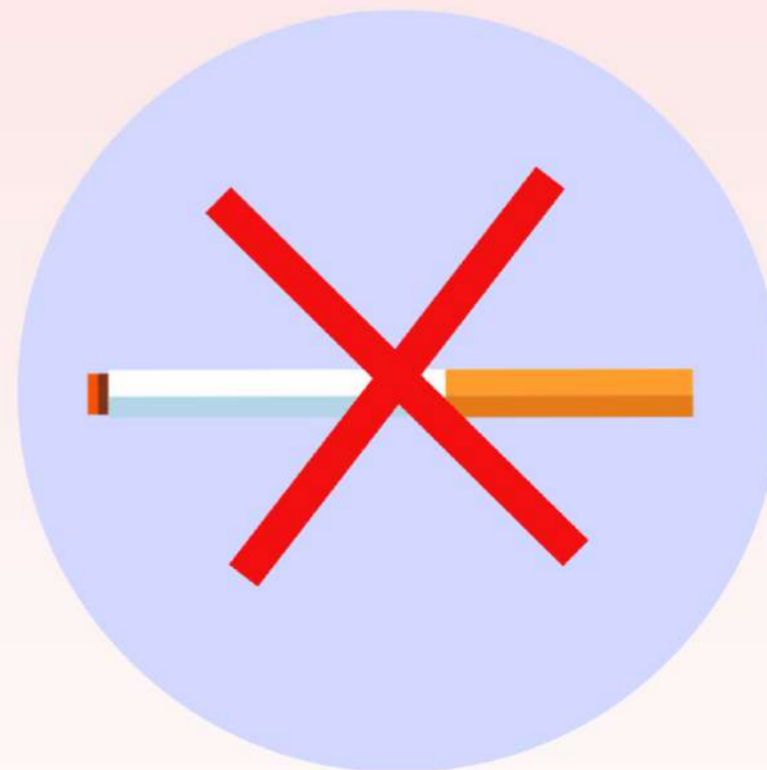
**Using dental floss
and mouthwash**



Keep a healthy diet



**Practicing exercises
and drinking water**



Don't smoke



Maintaining oral health is essential to prevent gum disease and keep our bodies healthy.





Gum Health Day