



Brushing Up on Mouth Care



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

Please join us for this informative workshop.

When: Thursday, March 8th at 1:00 pm
(Snow date: Thursday, March 22nd)

Where: Riverdale Community Centre
106 Vince McCarthy Dr
Lower River Inhabitants

This is a free event but **pre-registration is required** by Tuesday, March 6th.
Please call Maggie Roach-Ganaway at 902.371.3883 for more information.

