

February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	Feb 1	2	3
4	5	6	7	8	9	10
11	12	13	14 Valentine's Day	15	16	17
18 Presidents' Day	19	20	21	22	23	24
25	26	27	28	Mar 1	2	3

Flossing Guide

- Wind** Wind 18 inches of floss around your index finger and a small amount onto the index finger of the other hand.
- Guide** Guide an 1-2 to two-inch length of taut floss in-between two teeth.
- Glide** Glide floss between the teeth making a C shape as you wrap it around the tooth.
- Slide** Slide floss up and down against the tooth surface and under the gum line, and across the back side of each tooth. Repeat for each tooth, using a fresh section of floss each time.

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21-DAY FLOSS CHALLENGE

Thank you for joining Regarding Dentistry's 21-Day Floss Challenge!
It takes 21-Days to develop an REinforced habit. Can you do it?

Floss for 21 days consecutively during the month of February & turn in your checked off calendar by March 5th for a chance to win a Waterpik Cordless Advanced Water Flosser!

Select ONE of the following to be entered into our drawing:

- Upload a photo of the calendar to our 21-Day Floss Challenge Event Page or tag us on Instagram @regardingdentistry
- Email us a photo at info@regardingdentistry.com
- Drop off your calendar at a Regarding Dentistry location



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