

FEBRUARY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
6	7	8 START FLOSSING	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28 CHALLENGE COMPLETE	1	2	3	4	5
6	7	8 CALENDAR DUE	9	10	11	12

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 a one 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, then across the back side of each tooth.

Repeat for each tooth, using a fresh section of floss each time.

21 DAY FLOSS CHALLENGE

Congratulations on joining the Regarding Dentistry's 21 Day Floss Challenge! It takes twenty-one days to develop a habit. Can you do it?

Floss for 21 days consecutively from February 8th - 28th. Turn in your checked-off calendar by Tuesday, March 8th for a chance to win the Dental Health Collection!

Submit your success ONE of the following ways to be entered into the drawing:

- Submit your finished calendar to our Facebook Event Page at <https://fb.me/e/11alsgs8H>
- Post your calendar to Instagram with #flosschallenge2021 or tag @regardingdentistry
- Email us your contact information and a photo of your calendar to info@regardingdentistry.com
- Bring your calendar to Regarding Dentistry and register in-person

