

# 2019 FEBRUARY

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

## 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

Thank you for joining Regarding Dentistry's Floss Challenge! It takes twenty-one days to develop a habit. Can you do it?

Floss for 21 days consecutively during the month of February and turn in your checked off calendar by March 14th for a chance to win a Waterpik Cordless Advanced Water Flosser!

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

- Submit your finished calendar on our Facebook Event Page
- Post your calendar to Instagram with #flosschallenge2019 or tag us @regardingdentistry
- Email us your contact information and a photo of your calendar to [info@regardingdentistry.com](mailto:info@regardingdentistry.com)
- Bring your calendar to Regarding Dentistry and register in-person

