



Implant Center of Yuma

Jason T. Lemmon, DDS

JANUARY						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1 Happy New Years!!	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	29	30	31			
FEBRUARY						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15 Last day to submit Calendar!	16 Winner to be announced	17
18	19	20	21	22	23	24
25	26	27	28			

30 Day Flossing Contest

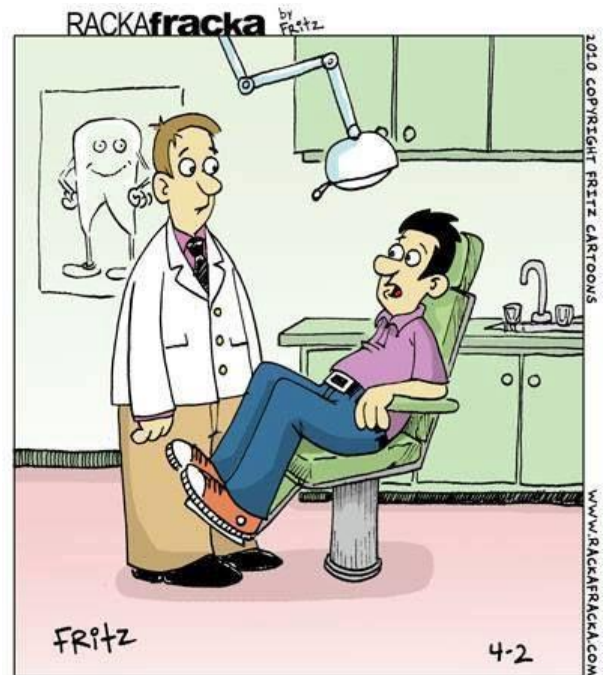
Details: Start **TODAY!** Floss for 30 consistent days and every day that you floss mark the box (with a check mark, happy face☺, initials, etc - anything works)
Your name will be entered into a drawing to win a **\$100 Visa Gift Card.**

Contest **ENDS** Feb 10th
Submit entries (via email or turn calendar into office) by Feb 15th
Winner to be announced Feb 16th

No Exceptions!

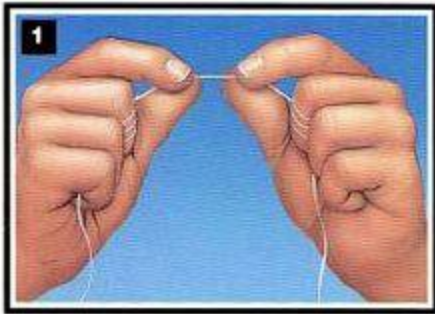
Submissions or questions/concerns please email picachodental@gmail.com

Title "Flossing Contest" and make sure your name is written on the calendar or entered in the email

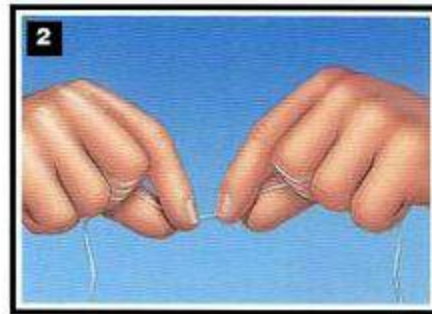


**FLOSSING EVERY DAY HUH?
IS THERE AN APP FOR THAT?**

How to FLOSS YOUR TEETH



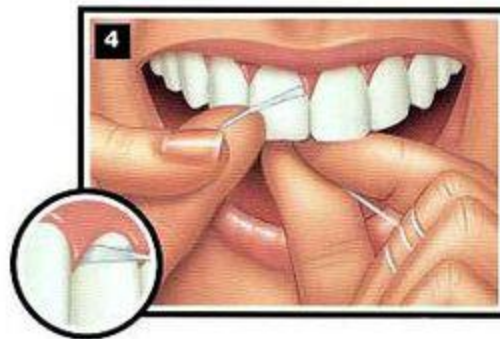
1
Wind 18" of floss around middle fingers of each hand. Pinch floss between thumbs and index fingers, leaving 1" - 2" length in between. Use thumbs to direct floss between upper teeth.



2
Keep a 1" - 2" length of floss taut between fingers. Use index fingers to guide floss between contacts of the lower teeth.



3
Gently guide floss between the teeth by using a zig-zag motion. **DO NOT SNAP FLOSS BETWEEN YOUR TEETH.** Contour floss around the side of the tooth.



4
Slide floss up and down against the tooth surface and under the gumline. Floss each tooth thoroughly with a clean section of floss.