

# Want to stay healthy?



## Start with your mouth.

Caring for your mouth is an easy way to keep your **whole body healthy**. It's as simple as flossing, brushing, eating healthy foods, and getting oral health checkups. Tooth decay and gum disease are preventable — and prevention saves money.

THE  
**MIGHTY MOUTH**<sup>™</sup>

Unleash the Power of Oral Health

[TheMightyMouth.org](http://TheMightyMouth.org)