



change
4 lives

NHS
Whittington Health
NHS Trust

Oral Health Parents Workshop

Virtual on the 7th of December 22

Starts 10.15am

You are invited to join our free online parent/career workshops!

It's absolutely essential to look after our teeth especially during these times: This informal session will give you information, knowledge and ideas on how to make healthier choices for your children and family.

Topics covered:

- Brushing tips and techniques
- How to protect our teeth from sugary snacks
- Tooth-friendly foods and drinks
- Advice on visiting the dentist
- And much more!



Join the virtual workshops:

Wednesday the 7th of
December 22 starts 10.15am

Microsoft Teams meeting

Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Meeting ID: 333 195 935 638

Passcode: MUX2C3

[Download Teams](#) | [Join on the web](#)



The Oral Health Promoter's will be there to answer any questions you may have on your child's dental health.

