



The new Colouring Contest is here!

Great Prizes!

Win a Toys R Us gift card and kids oral health prize packs from G•U•M.

cdha.ca/colouringcontest

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Colouring Contest

Child's first & last name:

age:

email:

phone number:

school/dental hygienist/clinic:

Deadline:

May 1, 2025

Submit your entry!

email to: marketing@cdha.ca

or mail to: 1122 Wellington St W
Ottawa, Ontario
K1Y 2Y7

Prizes:

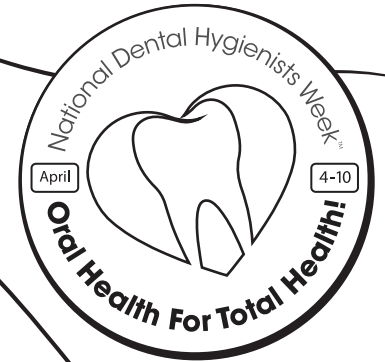
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gumbrand.ca



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Tooth Tips

- ★ Choose healthy snacks
- ★ Brush 2 minutes, 2 times a day
- ★ Clean between your teeth every day
- ★ Use fluoride toothpaste (pea-sized amount)
- ★ Change your brush every 3 months

