



Center Street Dental Professionals



July Means Fairs, Fun, and Fresh Smiles!



How To Brush Like A Pro

Brushing daily? Great! But technique matters.

- Brush for 2 full minutes
- Use a soft-bristled toothbrush
- Angle at 45° toward the gumline
- Don't forget to brush your tongue
- Floss or water floss daily—yes, it's essential!

Small changes = big impact on your oral health.

5 Habits That Secretly Harm Your Teeth

Watch out for these smile saboteurs:

- Nail biting
- Teeth grinding (especially at night)
- Constant snacking
- Sipping sugary drinks all day
- Using teeth as tools

Break these habits to protect your enamel, reduce wear, and keep your smile strong and healthy!



Oral Health Is Linked To Overall Health



Office Hours

Monday	7:30 am - 5:00 pm
Tuesday	7:30 am - 5:00 pm
Wednesday	7:30 am - 5:00 pm
Thursday	7:30 am - 5:00 pm
Friday	By Appointment Only
Saturday	Closed
Sunday	Closed

Our team is here to support your goals every step of the way!

Phone: (218) 463- 1070

www.cs dentalpro.com