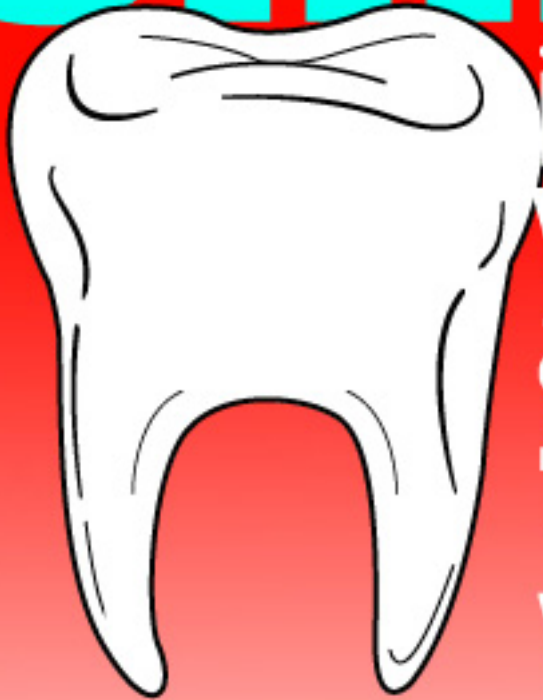


Smile,



it's
worth
a
thousand
words

Protect your smile
with good oral health!

- Drink fluoridated water
- Use fluoride toothpaste
- Brush and floss regularly
- Avoid tobacco
- Limit alcohol intake
- Eat wisely

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INTEGRITY CONSULTING GROUP

Employee Benefits Specialists