



Lincoln County, Let's Smile!

Good oral hygiene is about taking care of your whole body, because a healthy mouth leads to better overall health. Taking care of your oral health can even lower your risk for diabetes, heart attack, stroke and other health problems.

That's why it's important to keep your mouth healthy by brushing at least twice a day, flossing daily, doing your best to get regular dental checkups, and eating a healthy diet.

Everyone deserves a clean smile and a healthy body.

Learn more about the resources available at

lincolncountysmiles.com

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