

 DELTA DENTAL®

**HDS**  
Hawaii Dental Service

# Dental Floss-ophy 101

Thursday, August 26 • 11:30 a.m. to 12:15 p.m.

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Presented by  
**Cecile Sebastian DDS**

Dr. Sebastian is an HDS participating general and implant dentist who has been practicing dentistry since 1989. In addition to running her own practice in Honolulu, she also serves on the board for Dental Lifeline Network, a nonprofit that provides access to dental care for disabled elderly and medically fragile. She is fluent in Tagalog, French and Spanish.

Brushing and flossing are the basics of good oral hygiene. But there's more to maintaining healthy teeth and gums at every age and avoiding painful or shameful conditions such as tooth loss, cavities, gum disease and more.

Dr. Sebastian will share her secrets to a healthy smile and good habits that will keep your teeth, gums and body in top shape as you age.

**Join us for a presentation that will leave you wanting to keep that smile healthy for life.**



#### **Additional information**

#### **for City and County of Honolulu Employees**

The information provided in the flyer below is from the EUTF. Viewing the websites and participating in the programs featured in the flyer is voluntary, and is to be done on the employee's own time, not using City and County equipment.

A **SMILEWELL** PRESENTATION

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