

# Oral Health & Healthy Aging

## Building Strength from the Inside Out



Taking care of our mouths is about much more than keeping a bright smile—it's an important part of staying strong, independent, and engaged as we grow older. This presentation will highlight how good oral health supports nutrition, overall health, and social connection, and why it's never too late to build healthy habits. Together, we'll explore simple, effective ways to care for our teeth and gums, helping us continue to live with comfort, confidence, and vitality at every age.



Presenter: Dr. Patti Sigl,  
Algoma Family Dentistry

**October 22**  
**1-2pm**  
**FREE WEBINAR**

**Register Here**