



Take charge of your health to put yourself on the path to wellness. Health and wellness mean living life fully with vitality and meaning. Wellness looks different for each individual and evolves as our lifestyles change.

Just as it is important to practice preventative care for general health, the same applies to oral health. Dr.sato.com shares that - preventative dental care includes protecting your teeth and gums to prevent cavities, enamel wear on your teeth, gum disease and more.



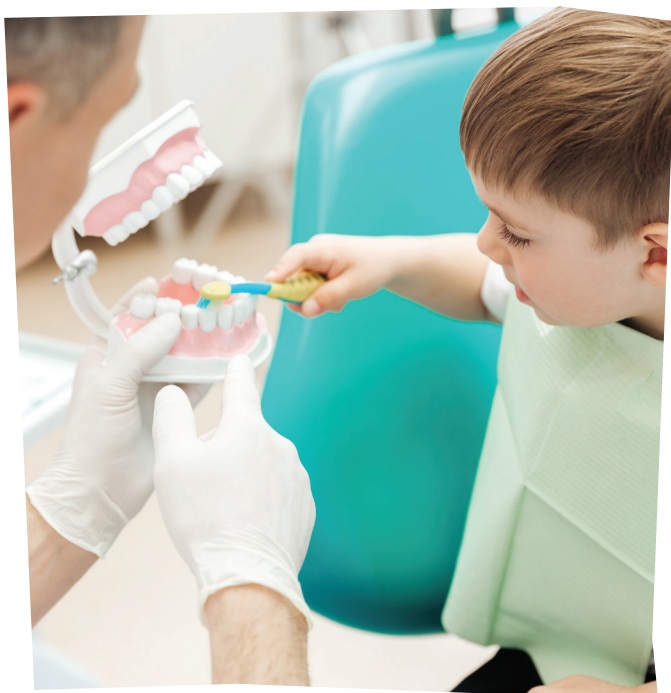
## LiveWELL 3 Ways to Keep Your Dental Hygienist Happy

LiveWELL  
October 2021



Dental hygienists are one of the main reasons behind our beautiful smiles. They keep our teeth healthy and help us smile with confidence that enhances our face value. Many times, you can't wait to get out of the dental chair to show off your newly pearly whites.

Since they keep you smiling year round, here are three ways to make them smile during National Dental Hygiene Month.



- 1. Brush twice daily** – once when you wake up in the morning and once before going to bed at night. Routine brushing helps tame bad breath, cavities, gum disease and tooth loss. Make toothbrush time effective with these 5 tips:
  - Select a toothbrush with a soft bristle.
  - Use toothpaste that contains fluoride.
  - Brush your teeth using gentle strokes, giving special attention to the gum line.
  - Brush your tongue.
  - Change your toothbrush once every three months.
- 2. Floss once daily** – daily flossing helps to get rid of plaque or sticky bacteria from between the teeth, helping to prevent gum problems. Tips for effective flossing:
  - Choose the right floss
    - Whether made of Nylon or Teflon, choose the floss that suits your teeth structure. Use wide, flat floss if there is a big space between your teeth. Thin floss is recommended if your teeth are closer together.
  - Master the technique
    - Place a strip of floss between the teeth, wrap it around each tooth in a 'C' shape, and clean the surface in an up and down action.
  - Use a floss holder
    - If you are not able to handle floss well with both your hands, make use of a two-pointed floss holder. This helps you clean teeth, single-handedly.
- 3. Regularly visit your dental hygienist** – do not wait for bleeding gums or a toothache to rush to the dentist. Visit your dentist twice a year for regular oral checkups and cleaning.

Following this simple routine will give you total mouth protection; and seeing a happy, confident you, your dental hygienist will surely smile.



## PlayWELL PlayWell Webinar

LiveWELL  
October 2021



Join us for our PlayWell Webinar this October with Team Up AZ! We will dive into the topic of ergonomics at work with a focus on injury prevention and how to improve strength to reduce pain. According to a study in the Journal of Bone and Mineral Research, high-intensity resistance training was shown to improve bone density, structure, and strength in postmenopausal women with low bone mass. Wear active clothing and come ready to follow along with exercises that you can do from your workspace!

Register today at  
[WellnessAtoZ.Org/PlayWell](https://WellnessAtoZ.Org/PlayWell)



Wellness **AtoZ**

**PlayWell Workshop**  
Ergonomics at Work: Improving  
Strength to Reduce Pain

Zoom Webinar  
Thursday, October 28, 2021  
4 – 4:45 p.m.

[Register Today!](#)



## EatWELL Warm Latte with Health Benefits

LiveWELL  
October 2021



### TURMERIC LATTE

*Recipe and photo courtesy of eatingwell.com*

Fall is here and all the seasonal drinks are upon us! Try this warm, comforting drink that also includes lots of health benefits such as reducing inflammation.

#### INGREDIENTS:

- 1 cup unsweetened almond milk or coconut milk beverage
- 1 tablespoon grated fresh turmeric
- 2 teaspoons pure maple syrup or honey
- 1 teaspoon grated fresh ginger
- Pinch of ground pepper
- 1 pinch ground cinnamon for garnish

#### DIRECTIONS:

1. Combine milk, turmeric, maple syrup (or honey), ginger, and pepper in a blender. Then process on high until very smooth, about 1 minute.
2. Pour into a small saucepan and heat over medium-high heat until steaming hot but not boiling.
3. Transfer to a mug. Garnish with a sprinkle of cinnamon, if desired.



## WorkWELL

Health and Wellness Webinars

LiveWELL  
October 2021



In the past year, our ability to connect has looked different. Wellness AtoZ wants to reunite employers and the community by providing an online space to connect on how different workplaces are navigating new norms surrounding employee wellness.

Join us on Zoom following our Wellness Connect to network and meet other employers in a virtual setting!

Register today at [WellnessAtoZ.Org/WorkWell](https://WellnessAtoZ.Org/WorkWell)

Have you missed any of our previous WorkWell webinars? Not to worry, you can rewatch and share them by visiting [wellnessatoz.org/workwell](https://wellnessatoz.org/workwell).

We also launched a Spanish series of WorkWell Webinars that you can find and share at [wellnessatoz.org/trabajarbien](https://wellnessatoz.org/trabajarbien).



Wellness AtoZ

### Wellness Connect! Networking Over Workplace Wellness

Zoom Webinar  
Thursday, October 28, 2021  
4:45 – 5:30 p.m.

[Register Today!](#)



## WELL Community

The Season of Giving

LiveWELL  
October 2021



**"We make a living by what we get. We make a life by what we give."**  
-Winston Churchill

The Fall season is a time of reflection, gratitude, and giving. While it's always a good time to give, this time of year ignites the spirit of generosity even more. The Phoenix Rescue Mission offers several opportunities to give back, such as mobile outreach to the community to distribute water, hygiene kits, and other items to community members who are experiencing homelessness, gathering a team of friends and neighbors to create food boxes for needy families, and other long-term opportunities. Learn more about ways to get involved at [phoenixrescuemission.org](https://phoenixrescuemission.org).

VIVIR BIEN

LIVEWELL NEWSLETTER EN ESPAÑOL  
[CLICK HERE!](#)



[www.WellnessAtoZ.org](https://www.WellnessAtoZ.org)  
**Greater Phoenix Chamber Foundation**  
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