



Free Dental Services!



WIC Nutrition Fairs

Oregon City WIC, 999 Library Ct.:

Monday, August 15: 9:00 – 4:00

Tuesday, August 16: 11:00 – 6:30

Monday, September 12: 9:00 – 4:00

Tuesday, September 13: 11:00 – 6:30

Tuesday, October 11: 11:00 – 6:30

Wichita WIC, 6031 SE King Rd.,

Milwaukie:

Wednesday, August 17: 9:00 - 4:00

Wednesday, Sept. 14: 9:00 - 4:00

Wednesday, October 12: 9:00 - 4:00

Canby WIC, Ackerman Ctr. 350 SE

13th Ave:

Thursday, September 15: 9:00 – 4:00

Thursday, October 13: 9:00 – 4:00

Sandy WIC, 38872 Proctor Blvd:

Friday, September 16: 9:00 – 4:00

Friday, October 14: 9:00 – 4:00

Happy Valley WIC at Sunnyside

Health & Wellness Center, 9775 SE

Sunnyside Road, Suite 200:

Monday, August 22: 9:00 – 4:00

Monday, September 19: 9:00 – 4:00

Monday, October 10: 9:00 – 4:00

Gladstone WIC, 18905 Portland Ave:

Friday, August 12: 8:30 – 3:30

Friday, September 9: 8:30 – 3:30

Friday, October 7: 8:30 – 3:30

Healthy Smiles Dental Days

Offered at WIC Nutrition Fairs

Healthy Smiles is a cavity prevention program for children ages 0-5 and pregnant women in Clackamas County. Expecting women and parents of young children are invited to bring their children to a WIC Nutrition Fair to receive a free oral health screening, dental information and fluoride varnish. Services are provided on a first come basis.

To learn more about Healthy Smiles Dental Days, ask a WIC staff member or call Susan Berns-Norman at 503-742-5948.

Healthy Smiles Dental Days is provided at WIC in partnership with Clackamas County Health & Wellness Centers







Health, Housing
& Human Services 
CLACKAMAS COUNTY

WIC - 999 Library Ct.
Oregon City, OR 97045 • 503.655.8476
<http://www.clackamas.us/publichealth>





Fluoride Varnish for Healthy Teeth






What you need to know:

-  Cavities are the most common childhood disease and are almost totally preventable.
-  Cavities may hurt and make it hard for children to eat, speak, sleep and learn.
-  Using fluoride varnish is safe. It can even heal early tooth decay!
-  Fluoride varnish doesn't hurt and is brushed on the top and sides of the teeth.
-  Screenings and fluoride varnish applications only take a few minutes and are done by licensed dental professionals.
-  Healthy baby teeth will help prevent problems in permanent teeth.

After fluoride varnish treatment:

-  Offer your child soft foods for the rest of the day
-  Do not brush or floss teeth until the next day

Tips to a healthy smile:

-  Brush and floss every day
-  Use fluoride toothpaste
-  Choose healthy snacks like fruits, vegetables and cheese
-  Choose water and milk over juice and sugary drinks
-  See a dentist regularly