



SANATAN MANDIR CULTURAL CENTRE

9333 Woodbine Ave, Markham, On L6C1T5 Phone: 905 887 7777

SMCC SENIORS CLUB PRESENTS A FREE SEMINAR

On Oral and Dental Care amongst seniors



Presented By

Dr Heena Vyas, BDS

Family Dentistry, Cosmetic, Implants, Ortho

Seminar will provide awareness about the importance of maintaining good oral care to improve the quality of life:

Improve overall physical health, caring for mouth and teeth, maintaining healthy teeth and gum, reducing the risk of infections like pneumonia, preventing mouth infection under chronic conditions like diabetes, supporting mental well-being by boosting self-esteem and social engagement, maintaining ability to eat and enjoy tasty nutritious foods.

Markham Healthplex Dental Centre
5995-14 th avenue, Markham.
Tel 289.859.9901 extn 2

On Sunday, October 19, 2025

At Sanatan Mandir Cultural Centre TIME: 4:00 pm to 5:00 pm (Followed by Dinner)

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