

SMILING IS



AWESOME

smile



A healthy smile

[www.awesome-oral-health.com](http://www.awesome-oral-health.com)

**Awesome Oral Health**  
Community Interest Company



Reaching out beyond the dental practice

## 5 Reasons To Smile:

**Smiling makes you  
feel good**

*It gives our body happy signals*

**Smiling reduces stress**

*Less sadness and worry*

**Smiling makes you  
more attractive to others**

*You look friendlier and more fun*

**Smiling can help you  
sleep better**

*By helping you feel calm*

**Smiling helps you make  
someone else's day**

*Helps to spread positivity and  
happiness to everyone you  
meet, and share the benefits*