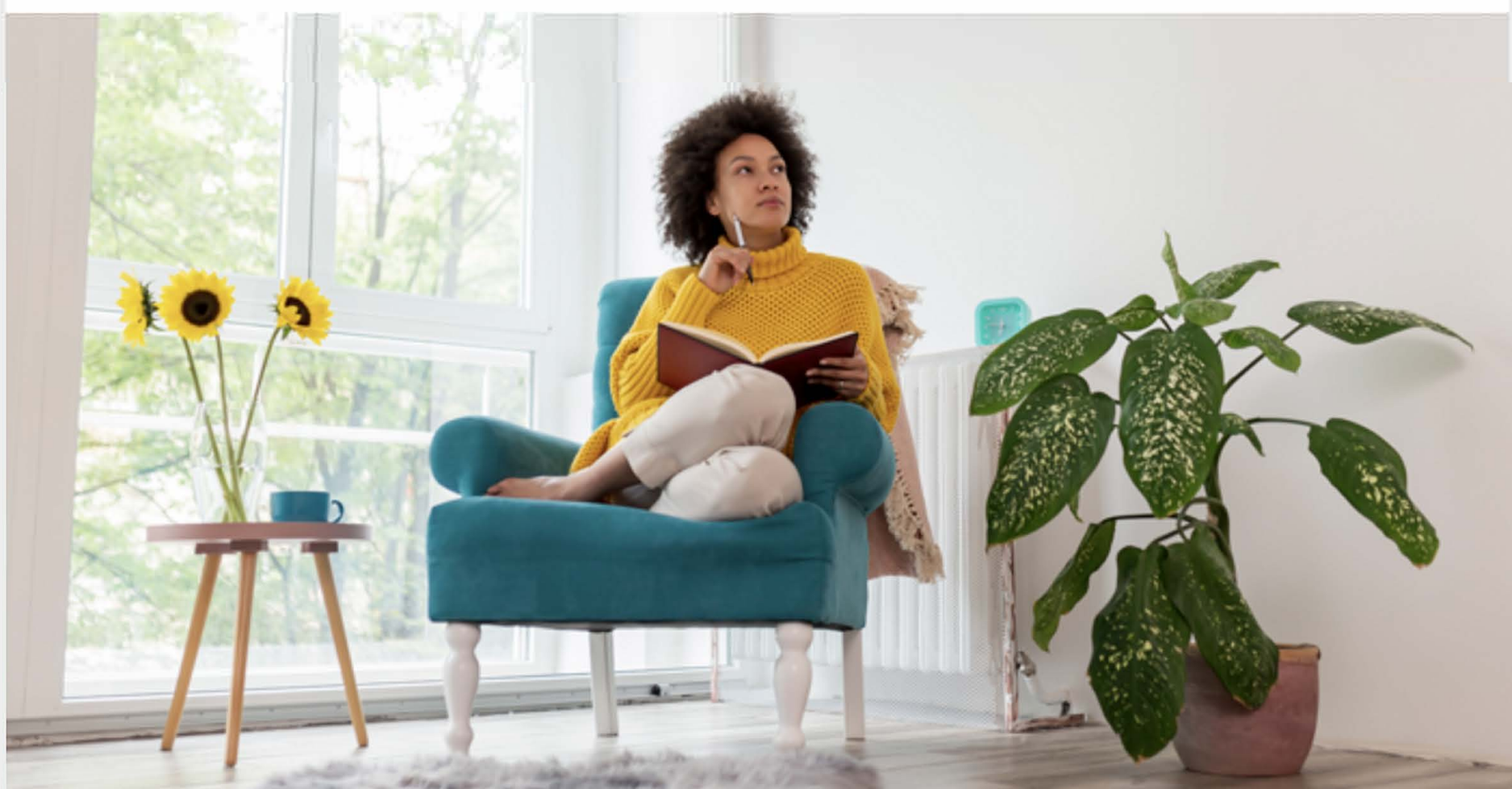


The UCD Wellness Connection

February 2025



Six tips to help ease your dental surgery recovery

Surgery coming up? You've probably got the basics covered, but what about the small details that can make all the difference?

[Get the tips →](#)



Shine a light on low vision

Is seeing clearly becoming more difficult? You might be experiencing low vision.

[Learn more →](#)



End the toothbrushing struggle

This February, give your kids the gift of a healthy smile. Learn simple, playful strategies that take their oral hygiene routine from a battle to a bonding experience.

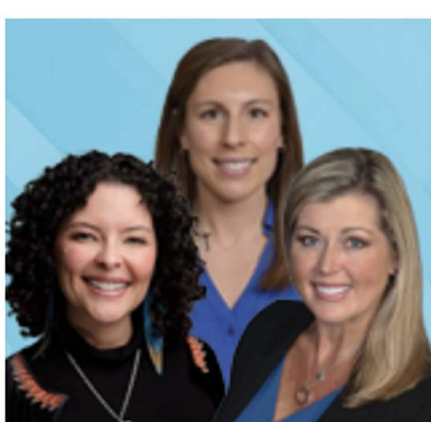
[Discover the secrets →](#)



Find food for a healthier you

Getting enough to eat is a daily struggle for millions of Americans¹. Having access to nutritious, healthy food can improve your mouth and body.

[Where to find it →](#)



Our Wellness Consultants appreciate you

Florie, Gabby and Holley want to thank you for putting your dental health first.

[Here's why →](#)

Source: [1] Food Security in the U.S. - Key Statistics & Graphics; U.S. Department of Agriculture; 2025. Retrieved January 2025