

## What The Wellness Center Can Do For You!

*The main mission of the wellness center is to educate and imbue staff, faculty, and students with all of the tools needed to maintain an active and healthy lifestyle.*



Includes: guest speakers, organized athletic activities, group fitness and one-on-one wellness counseling.

### Hours Of Operation

#### Regular Hours

Monday-Thursday 7:00am-5:00pm

Friday- 7:00am-3:00PM

#### Summer Hours

9:00AM-3:00PM



## Contact us

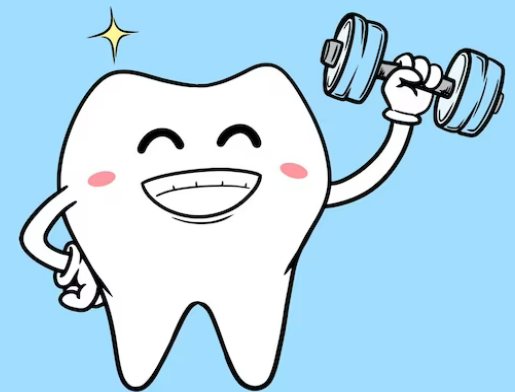
Dental Department coastal Carolina  
Community College

Health & Science building (S1)

Phone Number: 910-938-6270

## Stress and your teeth: How they relate

Healthier teeth one  
workout at a time!





## Tips To Manage Oral Health

1. Drink fluoridated water and brush with fluoride toothpaste.
2. Practice good oral hygiene. Brush teeth thoroughly twice a day and floss daily between the teeth to remove dental plaque.
3. Avoid smoking and other tobacco based products.
4. Visit your dentist at least once a year, even if you have no natural teeth or have dentures.



## How Exercise Can Benefit Your Dental Health

### Improved Blood Circulation:

Regular exercise increases blood flow to the gums as well as the rest of the body. This increased blood flow contributes to a healthy environment for your teeth and gums, supplying them with vital nutrients and oxygen.

### Reduced Risk of Gum Disease:

Regular physical exercise can assist in reducing the risk of gum disease by lowering blood sugar levels, which negates the risk of gum inflammation and infections brought on by periodontal disease.

### Stronger Teeth and Jaw Bones:

Exercises that increase bone density and strength include both weight lifting and resistance training. The teeth will be more efficiently supported by stronger jawbones, lowering the risk of tooth loss and other dental problems.

# Dental Hygiene Clinic for Patients

## Our Services

- \$5 Teeth cleanings
- Oral Cancer Screenings
- Medical/Dental Referrals
- Dental X-Rays
- Complementary Fluoride
- Bone level assessment
- Polishing

