

Amazing Smiles

Issue

()ne

January Newsletter

Upcoming National Days in January

Monday, January 24th Compliment Day

Make someone feel special with this simple act of kindness. A single compliment can better someone's entire day.

Wednesday, January 26th National Spouses Day

Show your spouse how much you appreciate them with a small gift or gesture.

Friday, January 28th National Blueberry Pancake Day

Who doesn't love a good excuse to stuff your face with sweet deliciousness?



In This Issue >>>

- Welcome, 2022! page 1
- Get to Know Your Hygienist page 2
- Amazing Smiles Game! Word Search page 3
- \circ And more!

Follow us on social for updates, promotions, results photos and more!

山山 (AmazingSmilesPC)

Welcome, 2022!

Welcome, 2022! We still have no idea how we got here so quickly, but we're glad to be here nonetheless. And we all know what a new year means... new resolutions! And because we want to encourage you all to meet your personal goals, we'll share our "secrets to success":

1. Slow and Steady Wins the Race

As cliché as this may be, there is truth behind it. It can sometimes be difficult to stick with our resolutions because we aim to make immediate drastic changes in our lives that significantly differ from our normal routines and habits. However, in order to adopt new habits and remain consistent, we have to gradually increase our tolerance for this new behavior. For example, if you never went to the gym in 2021, is it realistic that you'll go every day in 2022? Probably not. But that doesn't mean it has to be all or nothing. Start by going 2-3 times a week until that becomes habitual – then move up to 3-4 times, then 4-5 times, and so on.

2. Be Kind to Yourself

Every step forward puts you closer to your goal. Celebrate your accomplishments, big or small. You'll increase your morale, continue to grow, and establish a better relationship with yourself.

So, here's to a great year! We can't wait to see all of your amazing smiles again!!



"Amazing experience. Very friendly and accommodating. Dr. Chubb and her team answered all my questions. Very thorough on everything. I was in great hands. Overall just awesome."

Google Review, 5 stars



<u>-****</u>

"Love Dr. Chubb and her practice. Everyone is very professional, nice and caring. My husband and I have been patients for 13+ years, simply the best dentist I have ever had and trust me I don't enjoy going to the dentist, but I know every time I'm in such a great hands. Dr. Chubb has the softest hands a dentist can have. She is truly an artist and the best at what she does. 150% Recommended!"

- Google Review, 5 stars



~ Get To Know Your Hygienists ~



Susan "The Friend"

Susan is Amazing Smiles' newest hygienist. Her relatable personality often leaves patients feeling like they're talking to a good friend. When Susan's not at the office, she enjoys playing tennis, visiting the beach, or spending time with her three pups: Copper, Little Bit, and Charlie! Janet "The Jokester"



Janet is Amazing Smiles' Jokester – her humorous personality and banter causes laughter heard throughout the office. On her free time, she enjoys baking, shopping, and taking an occasional relaxing nap. Originally from NY, next month will be her 2nd year anniversary of living in GA!





Jennifer "The Sweetheart'



Jennifer is the sweetheart of Amazing Smiles! "Thank you, thank you" is her catch phrase so make sure to listen out for it if you have the privilege of meeting her. Jennifer loves food, sweets, and tattoos – would you believe she has 9 of them?! Also, don't forget to congratulate her as she's recently engaged!

If you enjoyed your experience at our practice, and would like to share that with others, please leave us a review on Google! Your reviews help us to better meet your needs, and put smiles on more faces.



Word Search

Do you have what it takes to solve the puzzle below? If so, text a picture of your solved puzzle to (678) 675-0795 to win a prize!

Use the key below to find the words in the word search. (Hint: words can be up, down, and even diagonal).

CAVITIES	SEALANT
DENTIST	SMILE
FLOSS	TEETH
FLUORIDE	TOOTHBRUSH
GUMS	TOOTHPASTE



Today's puzzle brought to you by the CDC's Children's Health Activity Book – aimed at offering parents an interactive way to talk to their children about ways to care for their teeth.

https://www.cdc.gov/oralhealth/publications/dental health activity book PRINT.pdf

•

3