

# Eby Family Dental

## WHAT'S IN THIS MONTH'S ISSUE:

- Monthly Drawing
- New Team
- Sports
- Featured Recipe

## MONTHLY DRAWING 17 & UNDER

Each month we are having a drawing for \$10 in Chamber Bucks for ages 17 and under. Each month the drawing will be different. For example this month (August) we are doing "No Cavity Club". A small incentive for kids to be able to enter their name and also encourage them to brush and floss really good! Each child can enter 1 time. But every time they come in they will have a new chance to possibly win!



## NEW TEAM MEMBER

Hello, my name is Noelle! I joined the Eby Family Dental team in July 2023. Right now I am working as a hygiene assistant, but in the fall I plan on going back to school to take some gen ed classes and hope to petition for the Dental Hygiene program in January 2024! In my free time I enjoy being outside, going on walks with my dog and spending time with friends and family. I look forward to meeting you!

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## FALL SPORTS

Don't forget to schedule fall sports are right around the corner if not already started. Make sure if your child is playing in contact sports to make sure they are a mouth guard to protect their teeth. Dental accidents are high risk when play sports.

## FEATURED RECIPE

### Watermelon Smoothie

Prep Time: 5 Minutes  
Total Time: 5 Minutes

Equipment: Baking Sheet  
[www.eatthis.com](http://www.eatthis.com)

#### Ingredients:

3/4 Cup Cubed Seedless Watermelon  
1/2 Cup Frozen Cherries  
1/2 Banana  
1/4 Tbsp Lime Zest  
1/2 Cup 2% Milk

#### Directions:

1. Mix all ingredients in a blender well and pour into your cup of choice.
2. Enjoy!

