

Natures Cures:

Research shows a link between mood and outdoor exercise to fix what ails you, take your workout outside!

Cycling, gardening, fishing can boost your mood and self-esteem. The study jibes with research showing that outdoor walks battle depression better than mall walks. Add to that the benefits of outdoor activity-greater exposure to health-promoting vitamin D (from the sun), enhanced cognitive functioning, increased compassion (test subjects were more considerate after viewing nature images), and more time outside could mean spending less time in a doctor's office.

Monthly Raffle Prize:

Introducing our October monthly Raffle:

Give a friend or family member a Care to Share Card coupon, have them bring it in to us at Rocklin Family Dental Group, and enter to win our monthly raffle prize! Call for details!

Professional Care SmartSeries 5000 Electric Toothbrush, bag, Crest toothpaste, and Crest mouthwash, and SmartGuide with Oral-B's most advanced cleaning

A \$159.99 value!

Now is the time to use up dental insurance before the year ends.

Don't leave your money at your insurance door, "Call us today"!

ROCKLIN FAMILY DENTAL GROUP



Newsletter

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Meet Toni:

I have been working for Dr. Lee and Dr. Dubanski as a Hygienist for two years now, after moving from Colorado. I knew I wanted to go into Dental Hygiene since I was in high school. I have been a Hygienist now for 27 years. I am so lucky to have found a great office to work in after moving. The doctors are great to work for and everyone is focused on the best treatment we can give. Our staff cares very much about our patients.

Currently on my days off I enjoy watching my 2 boys play hockey, play with my West Highland Terrier, Buddy, hang out with friends, and garden. What makes me happy is being able to see my kids succeed, and when patients take my advice, and floss. I try to give the best comprehensive care for each one of my patients as an individual.



Toni: Hygienist