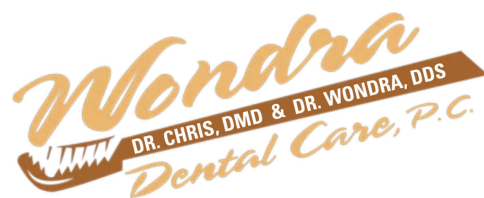




Hello and welcome to  
*our first patient care newsletter!*

In this issue of our newsletter, we discuss our growing team, some practical tips on maintaining a healthy smile through the holidays, and some fun dental trivia!



## Introducing our new owner & dentist!



Meet Dr. Chris Christensen! Dr. Chris recently purchased Wondra Dental Care PC & is working side by side with Dr. Wondra every day. We are excited for this expansion! Dr. Chris brings a wealth of experience in a range of dental procedures, including dental implants, extractions, and root canals. With a passion for patient care and a commitment to excellence, Dr. Chris is dedicated to providing you with the highest level of dental care and fits right into our Wondra Dental Care Team.



## The holiday seasons starts early in New Mexico...

Every New Mexican knows that the “holiday season” starts early for the Land of Enchantment. With the **NM State Fair** in September & **Balloon Fiesta** in October, it’s a time for celebration, family gatherings, and enjoying delicious treats. While it's important to indulge and enjoy the festive spirit, don't forget to take care of your teeth! Sweet treats and rich foods can increase the risk of cavities and gum disease. Remember to brush your teeth at least twice a day and floss daily to remove any food particles and plaque buildup. Consider drinking water after meals to help wash away sugars and acids. By maintaining good oral hygiene habits, you can keep your smile bright and healthy throughout the fun fall activities & holiday season. We hope you enjoy all that this beautiful time in New Mexico has to offer!

## Did you know...

- Paul Revere, famous for warning Colonial troops that the British were coming, was also trained as a dentist by America’s first dentist, John Baker.



## Don't forget to use your dental benefits!

Most insurance benefits expire at the end of the calendar year. Give us a call to schedule your next cleaning & check-up before it's too late!