

THE SERENE
SPLASH!!

June 4, 15

Newsletter

OFFICE BREAKING NEWS!!

Serene Dental Aesthetics is a proud sponsor of Long Meadow Farms Swim Team!! GO STARS!!



<http://lmfswimclub.com/>

Creative Corner

What you need: Foam pool noodle, Duct tape, Skewer or ice pick. Water hose!!

What to do:

1. Puncture the pool noodle randomly around all sides of the noodle. The more holes the better spray.
2. Stuff one end with a small piece of foam or plastic cap, then duct tape the end securely.
3. Decide where you would like to use the sprinkler.
4. Slide the end of the hose into the foam noodle, pushing it in a few inches so it holds securely.
5. Turn on hose and have fun!!



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Have a Topic.....Let us know!!



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WHAT DOES THE DOC SAY?

Welcome to the Summer!!

This beginning of summer newsletter is focusing on Water!!

Our breaking news is giving a shout out to the Long Meadow Farms STARS Swim team. We are proud sponsors of this team and hope they have a fantastic season!

Water is extremely important for our bodies, our health and our teeth. Dehydration can cause many negative effects, such as causing you to crave sugar, wrecking your workout, drying out your skin, causing muscle cramps, causing headaches, it can sour your mood, make you tired, affect your ability to drive safely and it can even cause BAD BREATH!! When we are dehydrated the saliva in our mouth decreases and this allows for bacteria to thrive which in turn causes bad breath. Decreased saliva can also cause higher risk of cavities forming.

So Drink up to freshen your breath, your skin and counteract all the other negative effects of dehydration.

Look below at our delightful Notes for a nice refreshing water recipe to keep that dehydration away.

To cool off with this summer heat, check out our DIY sprinkler fun!

Delightful Notes

Ingredients:

- 12 Cups of Water (3 quarts)
- 1 Medium Organic Cucumber
- 2-3 Small Organic Lemons
- 10-12 Organic Mint Leaves

Directions:

Wash lemons and cucumbers; slice thinly. Add lemons, cucumber, and mint to pitcher. Cover with water & refrigerate at least 4 hours or overnight. Stir & Enjoy



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