



Vire to Wire

Newsletter for the Patients, Family and Friends of

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New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes.

Here is a top ten list of the most popular resolutions.

Did your New Year resolutions make our top ten list?

1. Spend More Time with Family & Friends
2. Fit in Fitness into everyday life
3. Lose Weight
4. Quit Smoking
5. Enjoy Life More
6. Quit Drinking
7. Get Out of Debt
8. Learn Something New
9. Help Others
10. Get Organized

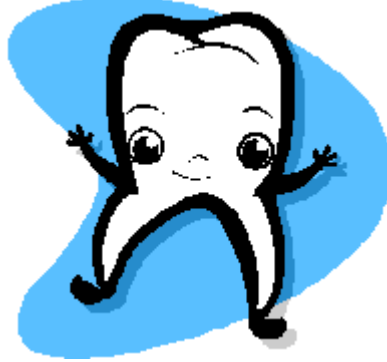


From: <http://pittsburgh.about.com/od/holidays/tp/resolutions.htm>

New Year, New Smile!

Don't forget to make good oral hygiene and regular dental and orthodontic visits part of your resolutions that you will keep all year long.

Terrific Teeth Activity Page



What do you resolve to do in 2009?
Write your New Year's Resolutions.

