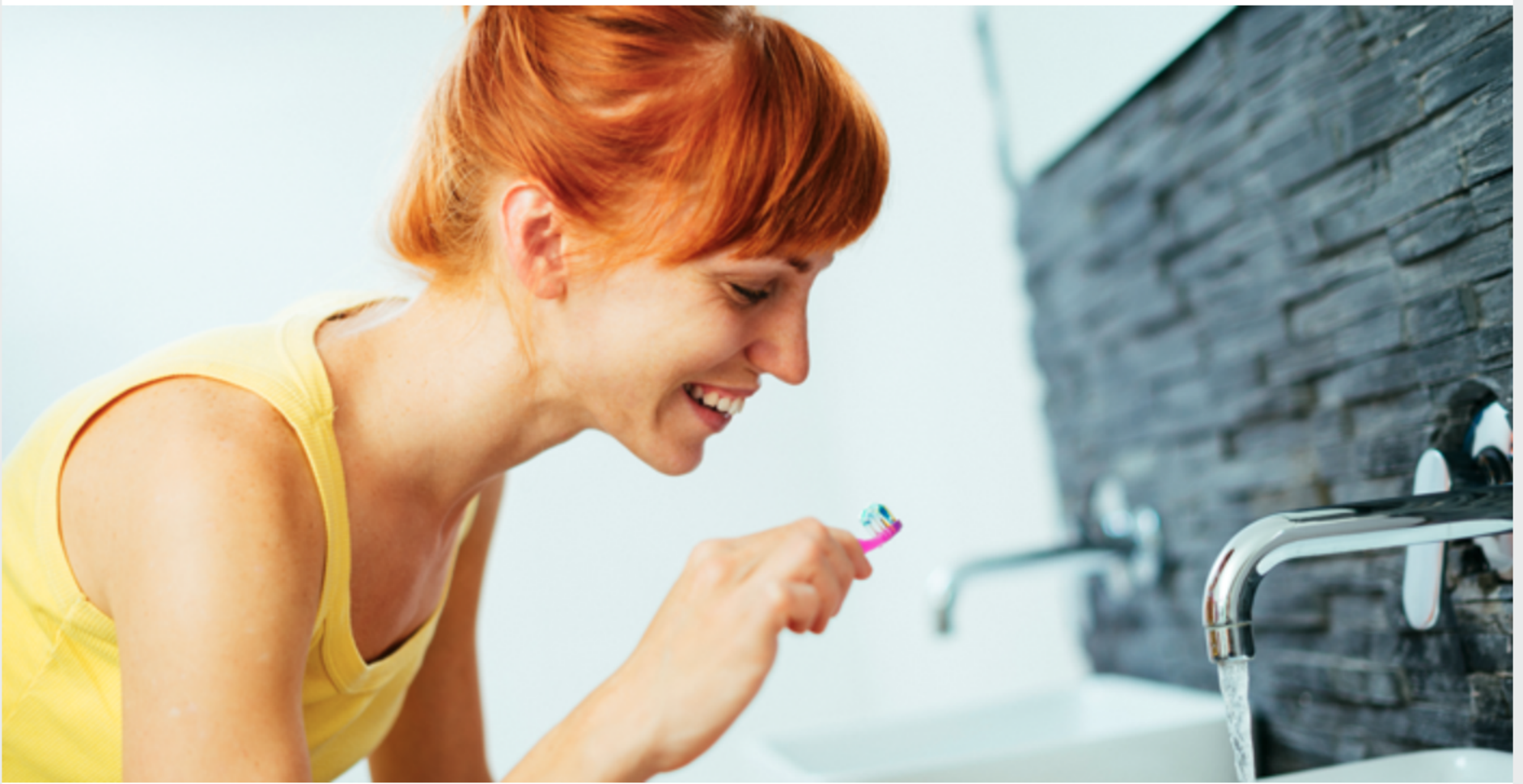


The UCD Wellness Connection

June 2026



Maximize your brushing and flossing routine

Are you skipping spots when you brush? You could be missing a third of your smile, even with good intentions.

[Elevate your routine →](#)



Help dad see clearly this Father's Day

This Father's Day, skip the guesswork. If dad wears contacts, a small vision care kit can make a big difference.

[See how →](#)



What your child's teeth grinding may be telling you

Jaw pain, headaches or sensitive teeth in kids could mean they are clenching or grinding their teeth. Find out what may cause it and what to watch for.

[Spot the signs →](#)