



We are officially in the start of a new decade!

We hope everyone had a safe, healthy, and happy Holiday Season!



Brushing up on the perfect smile !

Replace toothbrush every 3 - 4 months, or sooner if the bristles become frayed or if you have battled a cold or flu in the meantime.



Sriracha Shrimp with Noodles

Prep Time: 25 Min; Total Time: 25 Min

Ingredients

- 1 lb. Udon Noodles
- 1/4 c. sriracha
- Juice of 1 lime
- 3 tbsp. low-sodium soy sauce
- 2 tbsp. sesame or canola oil, divided
- 1 lb. medium shrimp, peeled and deveined
- 2 bell peppers, sliced
- 1 small cucumber, thinly sliced
- 4 green onions, thinly sliced, plus more for garnish
- Lime wedges, for serving

Directions

- In a large pot of salted boiling water, cook noodles according to package directions until al dente. Drain and return to pot.
- In a small bowl, whisk together Sriracha, lime juice, and soy sauce and set aside.
- In a large skillet over medium-high heat, heat 1 tablespoon oil. Cook shrimp until pink, about 3 minutes, then transfer to a plate. In same skillet, heat remaining 1 tablespoon oil. Cook peppers, cucumber, and green onions until tender, 5 to 6 minutes, then add shrimp, cooked noodles, and sauce and stir until coated.
- Serve with lime and green onions.



There are other fun events happening!

- Ferndale Blues Festival Jan 24-Feb 1
- Rochester Fire & Ice Festival Jan 17
- Sesame Street Live Jan 22- Feb 2
- Winter cooking classes at eastern market



Many dental benefits reset on Jan 1, 2020. If you have any changes to your dental insurance for the year, please give the office a call so we can update it in our system before your next appointment.





\$25 Gift Card? How can I get mine?

For every new patient you refer, a [\\$25 gift card](#) is sent to you or a credit is placed on your account!

Additionally, we are running a **New Patient Special** of \$79 which includes an exam, cleaning, and x-rays.

Thank you for allowing us to take care of all your dental needs. The highest compliment we can receive is the referral of family and friends.



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