

# MIND YOUR MOUTH

NEWSLETTER

SEPTEMBER 2022

WE ARE CURRENTLY ACCEPTING NEW PATIENTS!  
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## MUSHROOM WALK

Join us for an afternoon of learning in nature!

We will be hosting an educational mushroom walk on  
**October 5th from 4:30pm-6:30pm.**

This will take place on trails in southern Maine and our guide will be local mushroom enthusiast Louis Giller. Louis will give us a brief run down on facts and myths about mushrooms, basic fungal biology, preferred tools and practices, and some species highlights. From there we will venture into the forest to explore and see what we find! \$30/person.

**Book a spot today!**

## Margo Rosingana

Yoga Teacher



Margo is a thoughtful and experienced yoga teacher and mentor.

Starting September 1st, Margo will be offering yoga privates at MYM!

Margo was kind enough to provide some inspiration going into the upcoming seasonal change!

"The energy of summer tends to move at a frenetic pace as we seek to cram as much adventure, communal gathering, and activity into a few short months. With the shift of seasons on the horizon, particularly for those who adhere to an academic calendar, I can sense that my body is ready to settle into more consistency and routine in my day to day. Approaching the fall equinox means that daylight steadily decreases until we reach the moment when the pendulum pauses and there is balance between day and night. Though there is a natural rhythm to the changing of the seasons where fall is characterized by a quality of groundedness, this may not be reflected in our schedules.

One practice that I've been exploring helps maintain a level of grounding in my body, heart, and mind. I simply place my hands on my abdomen or the area where I can sense my center of gravity. Sometimes I hug a pillow against the front of my body if I need more surface contact and I simply breathe in and out, feeling the boundary of my breath against my hands or pillow. I set a timer for 5 - 10 minutes and then take a moment to notice how this simple connection to myself has resonated. I find that the tools and techniques that have the biggest impact are typically short and sweet. Give this a try when you need a place to land, find balance, and embody the energy of groundedness."

## TEAM MEMBER SPOTLIGHT

Emma!



Emma is our dental hygienist! She joined us after graduating from UNE last year.

*Why did you choose dental hygiene for a career?*

"I always knew I wanted to help people love their smile!"

*Which beach is your favorite?*

"Goose Rocks beach!"

*What is your favorite part about your job?*

"My patients! Helping people feel confident with their smile and creating an environment where my patients feel comfortable is very important to me."

*If you could have any super power what would it be?*

"Being able to transport!"

SureSmile®



Has there been a shift in your teeth? Are you too busy for traditional orthodontic treatment? Are you worried the process will be uncomfortable and look bad?

**SureSmile could be the solution for you!** The process is simple and often times completed in half the time it takes for traditional orthodontic treatment.

We would love to give you more information and set you up with your initial appointment!



## We Now Offer Gift Certificates!

Give your friends and family a truly special gift, helping them love their smile and overall wellness! We offer membership gift certificates that cover year long preventative care, along with general gift certificates that can be used towards dental treatment, wellness or dental products, or community events.



We offer Island Apothecary Skincare! Made right on the island of North Haven, this all natural skincare is an office favorite. We even offer a sample of their biddy balm at your appointment!

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