From fireworks and confetti to laughter, friendship and hope, the new year is a great time to celebrate, refresh and make resolutions for the best year yet.

New Year, New You
6 resolutions for a healthier smile

1. **Eat a balanced diet**
2. **Quit tobacco**
3. **Brush teeth at least twice a day**
4. **Floss daily**
5. **Limit alcohol intake**
6. **Visit your dentist twice a year**