

A National Dental Health and Wellness Campaign presented by SuperChefs for Good



# Live Well, Smile!

**L**IVE WELL, SMILE IS A NEW NATIONAL DENTAL HEALTH and wellness campaign formed under the umbrella of SuperChefs programs lead by Dr. Greg Chang, DMD, UBC Alumnus. With a deep passion for food and fitness, Dr. Greg was inspired to create the SuperChefs® Entertainment and Dr. Greg's SuperChefs Cookery for Kids® programs. These programs have enabled thousands of children from varied demographics to become physically active, food literate, engaged in making balanced food choices, comfortable with basic food-prep skills and aware of the workings of our food systems. These actions known as the "SuperChefs Rule of 5" form the pillars of our mission. Yes, it's a mouthful—and as SuperChefs, we are very proud of this accomplishment!


With over six years of experience, Dr. Greg's SuperChefs Cookery for Kids program has been an overwhelming success—primarily as a progressive educational opportunity for children to experience food and cooking in a fun and creative way.

Through hands on workshops, Dr. Chang and his team of dentists, professional chefs, nutritionists and young circus artists have been role models with active lifestyles and brought accessible cooking skills and into the lives of hundreds of children. This working model of resources can be easily replicated by dental professionals and public health teams in communities world wide.

Dr. Greg established SuperChefs for Good in October of 2014 to fill the gap between dental office visits with a take-home message of wellness and make his entertainment and cookery programs available to various professionals, corporations and organizations.

Our SuperChefs for Good mission is to establish dental health as a critical indicator of childhood obesity and malnutrition. Leveraging the collective voice of dental professionals, industry leaders and academia, together we can inform, engage and empower children to embrace good oral hygiene, healthy food choices and physical fitness.

As SuperChefs for Good launches its ideas and programs worldwide, Dr. Greg invites you to participate in whatever capacity best fits your company, organization or community's needs.

 **Stand up and take part in the Live Well, Smile! campaign.**

We encourage you to start by joining now! Go online and click the DONATE button at [www.superchefs.tv/superchefs-for-good.php](http://www.superchefs.tv/superchefs-for-good.php). We expect you'll be glad you did!



**OUR VISION :** PROMOTING A WORLD OF WELLNESS FOR CHILDREN AND FAMILIES WORLDWIDE  
**BE A CHAMPION & JOIN OUR EFFORTS AT:** [www.superchefs.tv/superchefs-for-good.php](http://www.superchefs.tv/superchefs-for-good.php)

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