



HEALTH & BEAUTY CHECKLIST

- Exercise 3x a Week
- Eat a Balanced Diet
- Sleep 7 Hours a Night
- Visit my dentist twice a year for oral screenings

Taking good care of your teeth means taking good care of your body.

The prevention and treatment of oral disease is a vital component of wellness, longevity and beauty and can help prevent heart disease, diabetes and cancer.

Call us to schedule your free consultation and oral screening.



ANCY VERDIER, DMD, PC
Periodontology & Dental Implants
Park Avenue - East Hampton - White Plains

Phone: 212-606-0032
Web: www.ancyverdier.com

UPTOWN

CHIEF CREATIVE OFFICER AND CO-FOUNDER

BRETT WRIGHT

bwright@uptown-magazine.com

EDITORIAL DIRECTOR

CARLA E. WILLS

cwills@uptown-magazine.com

CREATIVE DIRECTOR

MELISSA KRAMER

mkramer@uptown-magazine.com

ART DIRECTOR

ABIEZER BENTEZ

abentez@uptown-magazine.com

PRODUCTION DIRECTOR

OMAR RUBIO

EDITORIAL

EDITORS AT LARGE AYANA BYRD

SEKOU WRIGHT

CONTRIBUTING BEAUTY EDITOR RAZE MPINGA

COPY CHIEF HOPE WRIGHT

ASSISTANT EDITOR JESSICA DUFRESNE

EDITORIAL INTERN TOCCARA CASTLEMAN

FASHION CONSULTANT MONICA MAIENS

ART

ASSOCIATE PHOTO EDITOR/DESIGNER DARLAN LOGAN

CONTRIBUTING WRITERS

TOMIKA ANDERSON, BRIDGET BLAND, ELIZABETH CLARA BROWN, JULIA CHANCE, MICHAEL GONZALES, CHARLES N. JAMISON JR., RONDA KACHA PENNICE, KIMANI D. RAWLINS, KEITH T. REED, TERQUORSE TOPPIN, METANOWA WEBB, ERIC WOODS

CONTRIBUTING PHOTOGRAPHER

MARC BAPTISTE, WYATT GALLERY, MASSIMO GAMBACURIA, GUZMAN SANDRO LAMBERTI, CHRISTIAN LANTIC, KEITH MAJOR, MISCHA RICHTER, CRAIG WASILEWSKI

UPTOWN MAGAZINE

113 EAST 125TH ST., 2ND FLOOR
HARLEM, NY 10035

T: 212.360.5073 F: 212.360.8941

WWW.UPTOWNMAGAZINE.COM

WWW.UPTOWNLIFE.NET

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circulation@uptown-magazine.com