

# 2019 Dental Wellness Calendar

Delta Dental's wellness resources let you offer relevant content all year round.

## January

- National Drug and Alcohol Facts Week (1/22-1/27)

## February

- Children's Dental Health Month
- Gum Disease Awareness Month
- American Heart Month
- National Eating Disorders Awareness Week (2/25-3/3)
- Tooth Fairy Day (2/28)

## March

- National Nutrition Month
- First Day of Spring (3/20)

## April

- National Anxiety Month/Stress Awareness Month
- Oral, Head & Neck Cancer Awareness Month
- National Dental Hygienists Week (4/6-4/12)
- National Prosthodontics Awareness Week (4/7-4/13)
- Earth Day (4/22)

## May

- National Physical Fitness & Sports Month
- National Asthma & Allergy Awareness Month
- National Osteoporosis Awareness & Prevention Month
- Drinking Water Week (5/5-5/11)
- North American Occupational Safety & Health Week (5/5-5/11)
- Root Canal Awareness Week (5/5-5/11)
- National Piercing Day (5/16)

## June

- Alzheimer's & Brain Awareness Month
- Employee Wellness Month
- National Migraine and Headache Awareness Month

## July

- National Cleft & Craniofacial Awareness & Prevention Month

## August

- Back to School
- Dental Implant Month
- National Fresh Breath Day (8/6)

## September

- Dental Infection Control Awareness Month
- Healthy Aging Month
- National Recovery Month

## October

- Cold & Flu Awareness Month
- National Dental Hygiene Month
- National Orthodontic Health Month
- Halloween (10/31)

## November

- American Diabetes Month
- National COPD Awareness Month
- Great American Smokeout (11/21)
- Thanksgiving (11/28)
- National Flossing Day (11/29)

## December

- Holiday Health Campaign
- World AIDS Day (12/1)
- New Year's Eve (12/31)