2023 dental wellness calendar

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

January
- Glaucoma Awareness Month
- New Year, New You **New!**

February
- American Heart Month
- Children’s Dental Health Month
- Gum Disease Awareness Month
- National Pet Dental Health Month **New!**
- Valentine’s Day (2/14)
- National Eating Disorders Week (2/20-2/26)
- Tooth Fairy Day (2/28)

March
- Autoimmune Disease Awareness Month
- National Nutrition Month
- First Day of Spring (3/20)
- World Oral Health Day (3/20)

April
- National Anxiety Month/Stress Awareness Month
- National Facial Protection Month
- Oral, Head & Neck Cancer Awareness Month
- National Dental Hygienists Week (4/3-4/9)
- Earth Day (4/22)
- National Prosthodontics Awareness Week (4/23-4/29)

May
- Mental Health Awareness Month
- National Asthma & Allergy Awareness Month
- National Osteoporosis Awareness & Prevention Month
- National Physical Fitness & Sports Month
- Save Your Tooth Month (formerly Root Canal Awareness Week)
- Women's Health Month **New!**
- Drinking Water Week (5/7-5/13)
- North American Occupational Safety & Health Week (5/7-5/13)
- National Piercing Day (5/16)
- National Smile Month (5/17-6/17) **New!**

June
- Alzheimer’s & Brain Awareness Month
- Employee Wellness Month
- Men’s Health Month **New!**
- National Migraine and Headache Awareness Month
- Family Health and Fitness Day (6/10) **New!**

July
- National Cleft & Craniofacial Awareness & Prevention Month
- Independence Day (7/4)

August
- Back to School
- Dental Implant Month
- National Fresh Breath Day (8/6)
- Tooth Fairy Day (8/22)

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

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

November
- American Diabetes Month
- National COPD Awareness Month
- National Brush Day (11/1)
- Great American Smokeout (11/16)
- Thanksgiving (11/23)
- National Flossing Day (11/24)

December
- Healthy Holidays
- World AIDS Day (12/1)