

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)**
- National Drug & Alcohol Facts Week **(3/20-3/26)**

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)**