2024 dental wellness calendar

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

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

**February**
- American Heart Month
- Children’s Dental Health Month
- Gum Disease Awareness Month
- National Pet Dental Health Month
- Valentine’s Day (2/14)
- National Eating Disorders Week (2/26-3/1)
- Tooth Fairy Day (2/28)

**March**
- Autoimmune Disease Awareness Month
- National Nutrition Month
- First Day of Spring (3/19)
- 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 (4/8-4/12)
- 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
- Drinking Water Week (5/5-5/11)
- North American Occupational Safety & Health Week (5/4-5/10)
- National Piercing Day (5/16)
- National Smile Month (5/15-6/15)

**June**
- Alzheimer’s & Brain Awareness Month
- Employee Wellness Month
- Men’s Health Month
- National Migraine and Headache Awareness Month

**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
- Family Health and Fitness Day (9/28)

**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 (11/21)
- Thanksgiving (11/28)
- National Flossing Day (11/29)

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