# 2020 Dental Wellness Calendar

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

**January**
- Glaucoma Awareness Month

**February**
- Children’s Dental Health Month
- Gum Disease Awareness Month
- American Heart Month
- Valentine’s Day (2/14)
- Tooth Fairy Day (2/28)

**March**
- National Nutrition Month
- National Eating Disorders Awareness Week (3/2-3/8)
- First Day of Spring (3/19)
- National Drug & Alcohol Facts Week (3/30-4/5)

**April**
- National Anxiety Month/Stress Awareness Month
- Oral, Head & Neck Cancer Awareness Month
- National Drug & Alcohol Facts Week (3/30-4/5)
- National Dental Hygienists Week (4/4-4/10)
- National Prosthodontics Awareness Week (4/19-4/25)
- Earth Day (4/22)

**May**
- National Physical Fitness & Sports Month
- National Asthma & Allergy Awareness Month
- National Osteoporosis Awareness & Prevention Month
- Drinking Water Week (5/3-5/9)
- North American Occupational Safety & Health Week (5/3-5/9)
- Root Canal Awareness Week (5/3-5/9)
- National Piercing Day (5/16)

**June**
- Alzheimer’s & Brain Awareness Month
- Employee Wellness Month
- National Migraine and Headache Awareness Month
- National Cancer Survivors Day (6/7)
- Family Health & Fitness Day (6/13)

**July**
- National Cleft & Craniofacial Awareness & Prevention Month
- UV Safety Awareness Month

**August**
- Back to School
- Dental Implant Month
- Health Care for the Homeless Day (8/5)
- National Fresh Breath Day (8/6)

**September**
- Dental Infection Control Awareness Month
- Healthy Aging Month
- National Recovery Month
- World Heart Day (9/29)

**October**
- Cold & Flu Awareness Month
- National Dental Hygiene Month
- National Orthodontic Health Month
- Child Health Day (10/5)
- Halloween (10/31)

**November**
- American Diabetes Month
- National COPD Awareness Month
- Great American Smokeout (11/19)
- Thanksgiving (11/26)
- National Flossing Day (11/27)

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