



September

World Gratitude Day - Sept. 21, 2020

Article: [How gratitude can help your health](#)

Infographic: [Tips to lower stress](#)

October

World Stroke Day - October 29, 2020

Article: [Depression after stroke common among Black, Hispanic survivors](#)

Website: [How to spot a stroke/signs & symptoms](#)

November

National Diabetes Month

Website: [Diabetes resources](#)

Article: [Tips for managing holiday stress](#)

Website: [Caregiver Support Network](#)

December

Website: [COVID-19's impact on heart and brain health resources](#)

Article: [Looking for ways to protect against pandemic PTSD](#)

Article: [Tips & recipes for cold & flu season](#)

January

Article: [Healthy New Year's resolutions](#)

Website: [Quit vaping/smoking/tobacco resources](#)

Infographic: [Youth & Tobacco](#)

February

American Heart Month
Wear Red Day - February 5, 2021

Article: [Bad toothbrushing habits tied to higher heart risk](#)

Website: [Life's Simple 7](#)

March

National Nutrition Month

Website: [Eat Smart resources](#)

Infographic: [Sip Smarter](#)

Infographic: [Nutrition Facts Label](#)

April

Move More Month

Videos: [Physical fitness workout](#)

Article: [Move More Anytime Anywhere](#)

Infographic: [Make Every Move Count](#)

May

American Stroke Month

Article: [Gum disease, inflammation may be linked to stroke risk](#)

National Mental Health Awareness Month

Website: [Mental Health Awareness/dealing with stress](#)

June

National Oral Health Awareness Month
Website: [Delta Dental Institute Insights](#)

Pride Month
Website: [Pride at Heart resources](#)

[National CPR & AED Awareness Week](#)
June 1-7

July

Website: [Social Determinants of Health](#)

Article: [Can social connection aid heart health in African American community?](#)

Website: [Explaining healthy life expectancy](#)

August

Article: [Poor oral health linked to higher blood pressure](#)

Website: [Hypertension Guideline Resources](#)

Website: [Understanding Blood Pressure Readings](#)

All materials are accessible by visiting:
heart.org/en/delta-dental