

# October

## Dental Hygiene Month

Good oral hygiene contributes to well-being and is an important component of a healthy lifestyle overall. Schedule your next dental exam and protect your teeth and wellness.



## International Music Day

Promote ideals of peace, friendship and cultural exchange. Whether you love Motown, metal or Mozart, share your favorite song—or write a new one!



## Indigenous People's Day

Worldwide, indigenous people face low rates of education and high rates of poverty. Find a way to honor the culture and resilience of Native Americans today.



## National Learn a Word Day

Learn a new word—or play a word-based game! Challenging your brain with new information on a regular basis can help you stay sharp as you age.



## National Oatmeal Day

High in healthy complex carbohydrates and a good source of protein, fiber and minerals— oatmeal takes center stage at breakfast and also can be used to make healthier baked goods!



## Take a Bite

Dental benefits not only protect your teeth but also can support overall health. Some conditions, like heart disease, can have warning signs in the mouth and gums. Learn more about your Anthem Dental Insurance.



<https://www.anthem.com/mcr/kehq>