

JANUARY 2018

SOCIAL MEDIA CALENDAR

Norman Smile Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 *SCHEDULED Happy New Year from Norman Smile Center. #2018 #LoveYourSmile 	2	3 *SCHEDULED New year, new smile. Check out our teeth whitening opportunities at Norman Smile Center by visiting https://www.normansmilecenter.com/cosmetic-treatments/teeth-whitening/ or calling us at (405) 329-6603. #LoveYourSmile 	4	5 Still struggling to find a New Year's resolution? How about starting with your dental hygiene. Check out the link below for 10 healthy resolutions for your smile. http://www.mouthhealthy.org/en/az-topics/h/holiday-ideas #LoveYourSmile 	6
7	8	9 Cold and flu season is in full-swing. These five tips will help keep your mouth healthy if you fall under the weather. http://www.mouthhealthy.org/en/az-topics/c/cold-and-flu-season #LoveYourSmile 	10	11 "A smile is worth a thousand words." Take this quiz to see what your smile says about you. http://yoursmilebecomesyou.com/smilezone/smile-analysis/ #LoveYourSmile 	12	13

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14	15	16	17	18	19	20
	Dr. Belkap, Dr. Sparks and Dr. Campbell always strive for the best. Our smile gallery and book your free consultation today to transform your smile at Norman Smile Center. https://www.normansmilecenter.com/patient-information/smile-gallery/ #LoveYourSmile 		Time to talk about everyone's favorite dental activity: flossing! Check out these five steps to flawless flossing below. http://www.mouthhealthy.org/en/az-topics/f/flossing-steps #LoveYourSmile 		Happy National Popcorn Day! Check out these tips on healthy snacking, and for those who have braces, click on the link below to see what snacks can substitute your popcorn craving! http://www.mouthhealthy.org/en/teens/nutrition #LoveYourSmile 	
21	22	23	24	25	26	27
		Norman Smile Center Thanks you for your referrals. #LoveYourSmile 		Calling all 40 to 60 year-olds! How well do you think you know your mouth? Take the quiz below to see how well you know dental health. http://www.mouthhealthy.org/en/adults-40-60/fact-or-fiction #LoveYourSmile 		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
	Did you know all of our new patients get FREE bleaching trays? Call (405)329-6603 or go online today to schedule your first appointment with us. https://www.normansmilecenter.com #LoveYourSmile 		Have a dental emergency? Check out these Q&As on what to do during a dental emergency. http://www.mouthhealthy.org/en/dental-care-concerns/dental-emergencies #LoveYourSmile 		Happy National Bubble Gum Day! Click the link below to see how sugar-free chewing gum can help prevent cavities! http://www.mouthhealthy.org/en/az-topics/c/chewing-gum #LoveYourSmile 	
4	5	6	7	8	9	10
		Norman Smile Center thanks you for your referrals. #LoveYourSmile 		Worried about your child's dental health? Check out these eight common concerns with solutions to provide your child with a happy, healthy smile. http://www.mouthhealthy.org/en/babies-and-kids/concerns #LoveYourSmile 		