

 DELTA DENTAL®

HDS
Hawaii Dental Service



HDS SMILEWELL

2026 Presentations and Webinars

HDS SMILE WELL

Format: In-person or virtual sessions offered during regular business hours. Open to all EUTF members.

Length: 40–60 minutes, plus Q&A (minimum 20 minutes required).

Group Size:

In-person presentations: Minimum of 15 participants preferred.
Virtual webinars: Minimum of 10 participants suggested.

Requests must be submitted at least 4 weeks before your desired presentation date.

If there's a topic that you would like us to present, please contact Marketing@HawaiiDentalService.com. We will do our best to accommodate requests.

Educational sessions to support your healthy smile.

HDS SmileWELL presentations offer engaging, easy-to-understand sessions designed to help EUTF members take charge of their oral health and overall well-being. Led by HDS SMILE Champions or HDS Providers, these sessions give participants the knowledge and confidence to make informed choices for a healthier smile—and a healthier life.

2026 HDS SmileWELL Presentation Topics:

A Lifetime of Healthy Smiles – Your Smile is Meant to Last a Lifetime

Learn how oral health needs evolve from childhood through older adulthood and discover practical habits to keep your smile strong and healthy at every stage of life.

Cavities, What Happens if You Don't Treat Them

Explore how untreated cavities progress, the long-term consequences for your teeth and overall health, and how timely care can prevent serious complications.

Conquering Dental Anxiety

Provides strategies to manage fear of the dentist, including communication tips, relaxation techniques, and modern approaches that make dental visits more comfortable.

Dental Trends – Let's Talk About It

A look at current innovations in dentistry—tools, treatments, and technologies—and what they mean for your oral health journey.

Excellent Oral Health Can Lead to Greater Overall Health

Examines the powerful links between oral health and systemic wellness, showing how a healthy mouth can contribute to improved total-body health.

Heartfelt Smiles – How Dental Health is Connected to Heart Health

Unpacks the science behind the connection between gum disease and cardiovascular health, and highlights steps to protect both your smile and your heart.

Keiki Oral Health

Focuses on children's dental health with guidance for parents and caregivers on preventive care, healthy habits, nutrition, and early dental visits.

Nothing But the Tooth

A fun and fact-filled overview addressing common dental myths, FAQs, and surprising truths about teeth, gums, and oral wellness.

Oral Health 101 – Basics of Oral Health

A foundational introduction to oral hygiene, tooth anatomy, common dental conditions, and essential habits for maintaining a healthy mouth.

Oral Health Overall Health Connection

Explores the deep relationship between oral health and whole-body health, including how dental issues can influence chronic disease and wellness.

