

The UCD Wellness Connection

October 2025



Help your child overcome bullying

Is your child being teased for wearing glasses or braces? Don't let bullying steal their confidence.

Beat bullying →



The dental questions you're afraid to ask

Do you have burning or embarrassing questions you wish you could ask your dentist or hygienist? We've asked them for you.

[Get honest answers →](#)



Straighten your smile at any age

Orthodontic treatment can do more than just straighten your teeth. It can also improve your oral and overall health.

[Transform your smile →](#)



Maximize your dental benefits

Take advantage of all of your covered dental cleanings before the year ends.

[Find out how →](#)