

2026 HEALTH & WELL-BEING OBSERVANCES



JANUARY

- 3** Internat'l Mind-Body Wellness Day
- 19** King Day of Service
- 24** Nat'l Compliment Day
- 30** Nat'l Fun at Work Day

Nat'l Healthy Weight Week (**18-24**)
Nat'l Blood Donor Month

Fresh Start: Fuel Your Body & Mind

FEBRUARY

- 4** World Cancer Day
- 6** Nat'l Wear Red Day
- 14** Nat'l Donor Day

Nat'l Eating Disorders Week (**23-27**)
Nat'l Cancer Prevention Month
American Heart Month

Healthy Relationships: Connect & Care

MARCH

- 4** World Obesity Day
- 13** World Sleep Day
- 20** Internat'l Day of Happiness
- 24** American Diabetes Alert Day

Nat'l Sleep Awareness Week (**23-27**)
Brain Awareness Week
Nat'l Nutrition Month
Nat'l Kidney Month

Prevention & Screenings

APRIL

- 1** Nat'l Walking Day
- 2** World Autism Awareness Day
- 7** World Health Day
- 22** Earth Day
- 28** World Day for Safety & Health at Work

World Immunization Week (18-24)
Alcohol Awareness Month
Stress Awareness Month
Financial Literacy Month
Nat'l Minority Health Month
Cancer Prevention & Early Detection Month

Green & Serene

MAY

- 5** World Hand Hygiene Day
- 15** Nat'l Bike to Work Day
- 27** Nat'l Senior Health & Fitness Day
- 31** World No Tobacco Day

Nat'l Nurses Week (6-12)
Nat'l Hospital Week (10-16)
Nat'l Women's Health Week (10-16)
Mental Health Awareness Month
Employee Health & Fitness Month
Healthy Vision Month
Nat'l Bike Month
Nat'l Walking Month
Nat'l Stroke Awareness Month

Cultivating Calm

JUNE

- 4** Nat'l Trails Day
- 13** Nat'l Meal Prep
- 20** World Blood Donor Day
- 24** Internat'l Yoga Day

Men's Health Month
PTSD Awareness Month
Alzheimer's and Brain Awareness Month

Financial Fitness Month

JULY

- 24** Internat'l Self-Care Day

UV Safety Month
Nat'l Minority Mental Health Awareness Month (USA)
Parks and Recreation Month
Social Well-Being Month

Belonging & Community

AUGUST

- 4** World Cancer Day
- 6** Nat'l Wear Red Day
- 14** Nat'l Donor Day

Nat'l Eating Disorders Week (23-27)
Nat'l Cancer Prevention Month
American Heart Month

Balance & Boundaries

SEPTEMBER

- 4** World Obesity Day
- 13** World Sleep Day
- 20** Internat'l Day of Happiness
- 24** American Diabetes Alert Day

Nat'l Sleep Awareness Week (23-27)
Brain Awareness Week
Nat'l Nutrition Month
Nat'l Kidney Month

Rest, Sleep & Recovery

OCTOBER

- 10** World Mental Health Day
- 20** World Osteoporosis Day

Bone & Joint Health Nat'l Action Week (12-20)
Breast Cancer Awareness Month
Health Literacy Month
Dental Hygiene Month

Stress First Aid

NOVEMBER

- 13** World Kindness Day
- 15** Nat'l Philanthropy Day

American Diabetes Month
Lung Cancer Awareness Month

Healthy Holiday Eating Without Guilt

DECEMBER

- 1** World AIDS Day
- 3** Internat'l Day of Persons with Disabilities

Nat'l Influenza Vaccination Week (5-11)

Reflect, Recharge, Reconnect