

# 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

*Compassion Fatigue*

## 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

- 21** World Gratitude Day
- 26** Family Health & Fitness Day
- 29** World Heart Day

Cholesterol Education Month  
National Recovery Month  
World Alzheimer's Month  
Food Safety Education 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*