

2026

# Well Balanced Monthly Observance Calendar

## **Cervical Health Awareness Month**

National Cervical Cancer Coalition  
[nccc-online.org](http://nccc-online.org)

## **National Birth Defects Awareness Month**

Centers for Disease Control and Prevention  
[cdc.gov/birth-defects/index.html](http://cdc.gov/birth-defects/index.html)

## **National Blood Donor Month**

The Association for Blood Donor Professionals  
[adrp.org/event/national-blood-donor-month](http://adrp.org/event/national-blood-donor-month)  
National Today  
[nationaltoday.com/national-blood-donor-month](http://nationaltoday.com/national-blood-donor-month)

## **National Glaucoma Awareness Month**

Glaucoma Research Foundation  
[glaucoma.org](http://glaucoma.org)

## **National Human Trafficking Prevention Month**

Hope for Justice  
[hopeforjustice.org/national-slavery-and-human-trafficking-prevention-month](http://hopeforjustice.org/national-slavery-and-human-trafficking-prevention-month)

### Featured Topic in This Month's Toolkit

## **National Staying Healthy Month**

National Today  
[nationaltoday.com/national-staying-healthy-month](http://nationaltoday.com/national-staying-healthy-month)

## **Watch for a Monthly Toolkit!**

### **January 11-17**

## **Home Office Safety and Security Week**

National Today  
[nationaltoday.com/home-office-safety-and-security-week](http://nationaltoday.com/home-office-safety-and-security-week)

### **January 18-24**

## **National Certified Registered Nurse Anesthetists Week**

American Association of Nurse Anesthesiology  
[aana.com](http://aana.com)

### **January 18-24**

## **National Healthy Weight Week**

National Today  
[nationaltoday.com/healthy-weight-week](http://nationaltoday.com/healthy-weight-week)

### **January 19** (Martin Luther King Jr. Day)

## **King Day of Service**

The King Center  
[thekingcenter.org](http://thekingcenter.org)

### **January 23** (Same Date Each Year)

## **Maternal Health Awareness Day**

The American College of Obstetricians and Gynecologists  
[acog.org/advocacy/policy-priorities/maternal-mortality-prevention/maternal-health-awareness-day](http://acog.org/advocacy/policy-priorities/maternal-mortality-prevention/maternal-health-awareness-day)

## AMD and Low Vision Awareness Month

Prevent Blindness

[preventblindness.org](https://preventblindness.org)

### Featured Topic in This Month's Toolkit

## American Heart Month

National Heart, Lung, and Blood Institute

[nhlbi.nih.gov/education/american-heart-month](https://nhlbi.nih.gov/education/american-heart-month)

## National Cancer Prevention Month

American Association for Cancer Research

[aacr.org/patients-caregivers/awareness-months/national-cancer-prevention-month](https://aacr.org/patients-caregivers/awareness-months/national-cancer-prevention-month)

## National Children's Dental Health Month

American Dental Association

[ada.org/resources/community-initiatives/national-childrens-dental-health-month](https://ada.org/resources/community-initiatives/national-childrens-dental-health-month)

## National Wise Health Care Consumer Month

American Institute for Preventive Medicine

[healthylife.com](https://healthylife.com)

## February 2-6 National School Counseling Week

American School Counselor Association

[schoolcounselor.org](https://schoolcounselor.org)

## February 3 (Same Date Each Year) National Women Physicians Day

American Medical Association

[ama-assn.org](https://ama-assn.org)

## February 6 National Wear Red Day

Go Red for Women | American Heart Association

[goredforwomen.org](https://goredforwomen.org)

## February 7 (Same Date Each Year)

## National Black HIV/AIDS Awareness Day

HIV.gov

[hiv.gov](https://hiv.gov)

## February 8-14 Cardiac Rehabilitation Week

American Association of Cardiovascular  
and Pulmonary Rehabilitation

[aacvpr.org](https://aacvpr.org)

## February 11 (Same Date Each Year)

## International Day of Women and Girls in Science

The International Day of Women and  
Girls in Science Official Website

[womeninscienceday.org](https://womeninscienceday.org)

## February 14-21 National Condom Week

National Coalition of STD Directors

[ncsddc.org](https://ncsddc.org)

## February 22 (Same Date Each Year)

## World Thinking Day

Girl Scouts

[girlscouts.org](https://girlscouts.org)

## February 23-March 1 Eating Disorders Awareness Week

National Eating Disorders Association

[nationaleatingdisorders.org/get-involved](https://nationaleatingdisorders.org/get-involved)

## February 28 (Same Date Each Year)

## HIV Is Not a Crime Awareness Day

HIV.gov

[hiv.gov](https://hiv.gov)

## **Bleeding Disorders Awareness Month**

National Bleeding Disorders Foundation  
[bleeding.org](http://bleeding.org)

## **Brain Injury Awareness Month**

Brain Injury Association of America  
[biausa.org](http://biausa.org)

## **Developmental Disabilities Awareness Month**

National Association of Councils on Developmental Disabilities  
[nacdd.org](http://nacdd.org)

## **Endometriosis Awareness Month**

Endometriosis Association  
[endometriosisassn.org/endometriosis-awareness-month-2021](http://endometriosisassn.org/endometriosis-awareness-month-2021)

## **National Athletic Training Month**

National Athletic Trainers' Association  
[nata.org](http://nata.org)

## **National Colorectal Cancer Awareness Month**

Colorectal Cancer Alliance  
[colorectalcaner.org/get-involved/advocate/colorectal-cancer-awareness-month](http://colorectalcaner.org/get-involved/advocate/colorectal-cancer-awareness-month)

## **National Kidney Month**

National Kidney Foundation  
[kidney.org](http://kidney.org)

### Featured Topic in This Month's Toolkit

## **National Nutrition Month**

Academy of Nutrition and Dietetics  
[eatright.org/national-nutrition-month](http://eatright.org/national-nutrition-month)

## **Red Cross Month**

The American Red Cross  
National Headquarters or Local Chapters  
[redcross.org](http://redcross.org)

### **March 1-6**

## **Aplastic Anemia, MDS, and PNH Awareness Week**

The Aplastic Anemia and MDS International Foundation  
[aamds.org](http://aamds.org)

### **March 2-6**

## **National School Breakfast Week**

School Nutrition Association  
[schoolnutrition.org](http://schoolnutrition.org)

### **March 8-14**

## **Pulmonary Rehabilitation Week**

American Association of Cardiovascular and Pulmonary Rehabilitation  
[aacvpr.org](http://aacvpr.org)

### **March 8-14**

## **Sleep Awareness Week**

National Sleep Foundation  
[thensf.org](http://thensf.org)

### **March 10**

## **National Women and Girls HIV/AIDS Awareness Day**

HIV.gov  
[hiv.gov](http://hiv.gov)

### **March 15-21**

## **National Poison Prevention Week**

Health Resources & Services Administration  
[poisonhelp.hrsa.gov/what-you-can-do/poison-prevention-week](http://poisonhelp.hrsa.gov/what-you-can-do/poison-prevention-week)

**March 16-20**

**National LGBTQ Health  
Awareness Week**

National Coalition for LGBTQ Health  
[healthlgbtq.org/awareness-week](http://healthlgbtq.org/awareness-week)

**March 16-22**

**National Drug and Alcohol Facts Week**

National Institute on Drug Abuse  
[nida.nih.gov/research-topics/national-drug-alcohol-facts-week](http://nida.nih.gov/research-topics/national-drug-alcohol-facts-week)

**March 17**

**World Social Work Day**

International Federation of Social Workers  
[ifsw.org](http://ifsw.org)

**March 20** (Same Date Each Year)

**National Native HIV/AIDS  
Awareness Day**

HIV.gov  
[hiv.gov](http://hiv.gov)

**March 22** (Same Date Each Year)

**World Water Day**

UN-Water  
[unwater.org](http://unwater.org)

**March 24** (Fourth Tuesday of March)

**Diabetes Alert Day**

American Diabetes Association  
[diabetes.org](http://diabetes.org)

**March 25** (Last Wednesday of March)

**Whole Day for Whole Grain**

Oldways Whole Grains Council  
[wholegrainscouncil.org](http://wholegrainscouncil.org)

## Featured Topic in This Month's Toolkit

### **Alcohol Awareness Month**

National Council on Alcoholism and Drug Dependence, Inc.

[ncadd.us](http://ncadd.us)

Substance Abuse and Mental Health Services Administration (SAMHSA)

[samhsa.gov/newsroom/observances/alcohol-awareness-month](http://samhsa.gov/newsroom/observances/alcohol-awareness-month)

### **Financial Literacy Month**

Council for Economic Education

[councilforeconed.org/financial-literacy-month](http://councilforeconed.org/financial-literacy-month)

Office of the Comptroller of the Currency

[occ.gov](http://occ.gov)

### **International Humor Month**

Association for Applied and Therapeutic Humor

[aath.org/humor-month](http://aath.org/humor-month)

### **National Child Abuse Prevention Month**

Child Welfare Information Gateway

[childwelfare.gov](http://childwelfare.gov)

### **National Month of Hope**

Convoy of Hope

[convoyofhope.org](http://convoyofhope.org)

### **National Stress Awareness Month**

American Institute of Stress

[stress.org/news/stress-awareness-month-tips-for-keeping-tensions-in-check](http://stress.org/news/stress-awareness-month-tips-for-keeping-tensions-in-check)

### **Occupational Therapy Month**

American Occupational Therapy Association

[aota.org](http://aota.org)

### **Sexual Assault Awareness Month**

National Sexual Violence Resource Center

[nsvrc.org](http://nsvrc.org)

### **Testicular Cancer Awareness Month**

American Association for Cancer Research

[aacr.org](http://aacr.org)

### **April 2**

#### **National Employee Benefits Day**

International Foundation of Employee Benefit Plans

[ifebp.org/benefitsday](http://ifebp.org/benefitsday)

### **April 2** (Same Date Each Year)

#### **World Autism Awareness Day**

Autism Speaks

[autismspeaks.org](http://autismspeaks.org)

### **April 7** (Same Date Each Year)

#### **World Health Day**

World Health Organization

[who.int](http://who.int)

### **April 6-12**

#### **National Public Health Week**

American Public Health Association

[nphw.org](http://nphw.org)

### **April 10** (Second Friday of April)

#### **National Donate Life Blue & Green Day**

Donate Life America

[donatelife.net/how-you-can-help/national-observances-celebrations/blue-green-day](http://donatelife.net/how-you-can-help/national-observances-celebrations/blue-green-day)

### **April 14** (Same Date Each Year)

#### **International Moment of Laughter Day**

Izzy G & Company

[izzyg.com](http://izzyg.com)

### **April 16** (Same Date Each Year)

#### **National Healthcare Decisions Day**

The Conversation Project

[theconversationproject.org](http://theconversationproject.org)

**April 17** (Same Date Each Year)  
**World Hemophilia Day**  
World Federation of Hemophilia  
[wfh.org](http://wfh.org)

**April 17-19**  
**National and Global Youth Service Day**  
National Today  
[nationaltoday.com/national-and-global-youth-service-days](http://nationaltoday.com/national-and-global-youth-service-days)

**April 19-25**  
**National Library Week**  
American Library Association  
[ala.org](http://ala.org)

**April 19-25**  
**National Volunteer Week**  
Center for Volunteer & Nonprofit Leadership  
[volunteernow.org](http://volunteernow.org)

**April 20-27**  
**National Infant Immunization Week**  
National Today  
[nationaltoday.com/national-infant-immunization-week](http://nationaltoday.com/national-infant-immunization-week)

**April 22** (Same Date Each Year)  
**Earth Day**  
EARTHDAY.ORG  
[earthday.org](http://earthday.org)

**April 23** (Fourth Thursday of April)  
**Take a Child to Work Day and Beyond**  
Junior Achievement  
[tacwja.org](http://tacwja.org)

**April 27-May 1**  
**National Youth Violence  
Prevention Week**  
Sandy Hook Promise  
[sandyhookpromise.org](http://sandyhookpromise.org)

Featured Topic in This Month's Toolkit

## Better Sleep Month

Better Sleep Council

[bettersleep.org](http://bettersleep.org)

## Building Safety Month

International Code Council

[iccsafe.org](http://iccsafe.org)

## Healthy Vision Month

National Eye Institute

[nei.nih.gov](http://nei.nih.gov)

## Hepatitis Awareness Month

Centers for Disease Control and Prevention

[cdc.gov/hepatitis-awareness/about/index.html](http://cdc.gov/hepatitis-awareness/about/index.html)

## Lupus Awareness Month

Lupus Foundation of America

[lupus.org](http://lupus.org)

## Melanoma and Skin Cancer Awareness Month

American Association for Cancer Research

[aacr.org](http://aacr.org)

## Mental Health Awareness Month

Substance Abuse and Mental Health Services Administration (SAMHSA)

[samhsa.gov/mental-health-awareness-month](http://samhsa.gov/mental-health-awareness-month)

## National Physical Fitness and Sports Month

Action for Healthy Kids

[actionforhealthykids.org](http://actionforhealthykids.org)

## National Stroke Awareness Month

American Stroke Association

[stroke.org](http://stroke.org)

Society for Public Health Education

[sophe.org](http://sophe.org)

## National Teen Pregnancy Prevention Month

Child Welfare League of America

[cwla.org/may-is-national-teen-pregnancy-prevention-month](http://cwla.org/may-is-national-teen-pregnancy-prevention-month)

## Osteoporosis Awareness and Prevention Month

Bone Health & Osteoporosis Foundation

[bonehealthandosteoporosis.org](http://bonehealthandosteoporosis.org)

## Posture Month

PostureMonth.org

[posturemonth.org](http://posturemonth.org)

May 1-7 (Same Dates Each Year)

## National Physical Education and Sports Week

Society of Health and Physical Educators

[shapeamerica.org/MemberPortal/events/pesportweek/National-PE-and-Sport-Week.aspx](http://shapeamerica.org/MemberPortal/events/pesportweek/National-PE-and-Sport-Week.aspx)

May 3-9

## Be Kind to Animals Week

American Humane Society

[americanhumane.org](http://americanhumane.org)

May 3-9

## North American Occupational Safety and Health Week (NAOSH)

American Society of Safety Professionals

[assp.org](http://assp.org)

**May 6** (First Wednesday of May)

## **Project ACES Day**

Project ACES

[lensaunders.com/aces/aces.html](https://lensaunders.com/aces/aces.html)

**May 6** (Wednesday of National Nurses Week)

## **School Nurse Day**

National Association of School Nurses

[nasn.org](https://nasn.org)

**May 6-12** (Same Dates Each Year)

## **National Nurses Week**

Nurse.org

[nurse.org](https://nurse.org)

**May 8** (Same Date Each Year)

## **World Red Cross and Red Crescent Day**

International Federation of Red Cross  
and Red Crescent Societies

[ifrc.org](https://ifrc.org)

**May 10-16**

(Week of Florence Nightingale's Birthday on May 12)

## **National Hospital Week**

American Hospital Association

[aha.org](https://aha.org)

**May 10-16** (Mother's Day Week)

## **National Skilled Nursing Care Week**

American Health Care Association and  
National Center for Assisted Living

[ahcancal.org](https://ahcancal.org)

**May 10-16** (Mother's Day Week)

## **National Women's Health Week**

Office on Women's Health

[womenshealth.gov](https://womenshealth.gov)

**May 18** (Same Date Each Year)

## **HIV Vaccine Awareness Day**

HIV.gov

[hiv.gov](https://hiv.gov)

**May 19** (Same Date Each Year)

## **National Asian and Pacific Islander HIV/AIDS Awareness Day**

HIV.gov

[hiv.gov](https://hiv.gov)

**May 20** (Same Date Each Year)

## **World Autoimmune and Autoinflammatory Arthritis (AiArthritis) Day**

International Foundation for Autoimmune  
& Autoinflammatory Arthritis

[aiarthritis.org](https://aiarthritis.org)

**May 22** (Same Date Each Year)

## **International Day for Biological Diversity**

United Nations

[un.org](https://un.org)

**May 27** (Last Wednesday of May)

## **National Senior Health & Fitness Day—Spring**

Senior Health & Fitness

[fitnessday.com](https://fitnessday.com)

**May 31** (Same Date Each Year)

## **World No Tobacco Day**

World Health Organization

[who.int](https://who.int)

## **Alzheimer's and Brain Awareness Month**

Alzheimer's Association  
[alz.org/abam/overview.asp](https://alz.org/abam/overview.asp)

## **Cataract Awareness Month**

Prevent Blindness  
[preventblindness.org](https://preventblindness.org)

## **Migraine and Headache Awareness Month**

National Headache Foundation  
[headaches.org](https://headaches.org)

## **National Safety Month**

National Safety Council  
[nsc.org](https://nsc.org)

## **PTSD Awareness Month**

U.S. Department of Veterans Affairs  
[ptsd.va.gov](https://ptsd.va.gov)

## **Scleroderma Awareness Month**

National Scleroderma Foundation  
[scleroderma.org](https://scleroderma.org)

## **June 7 National Cancer Survivors Day**

National Cancer Survivors Day  
[ncsd.org](https://ncsd.org)

## **June 3 World Bicycle Day**

United Nations  
[un.org](https://un.org)

## **June 5 (Same Date Each Year) HIV Long-Term Survivors Awareness Day**

HIV.gov  
[hiv.gov](https://hiv.gov)

## **June 5 (Same Date Each Year) World Environment Day**

UN Environment Programme  
[worldenvironmentday.global](https://worldenvironmentday.global)

## **June 6 (First Saturday in June) National Trails Day**

American Hiking Society  
[americanhiking.org](https://americanhiking.org)

## **June 7-13 Community Health Improvement Week**

American Hospital Association  
[aha.org/center/community-health-improvement-week](https://aha.org/center/community-health-improvement-week)

## **June 14 (Same Date Each Year) World Blood Donor Day**

World Health Organization  
[who.int](https://who.int)

## **June 14-21 Men's Health Week**

Men's Health Month  
[menshealthmonth.org](https://menshealthmonth.org)

**Watch for a special June toolkit dedicated to highlighting the benefits of spending time in nature.**

**June 27** (Same Date Each Year)

## **National HIV Testing Day**

HIV.gov

[hivinfo.nih.gov](http://hivinfo.nih.gov)

**June 27** (Same Date Each Year)

## **National PTSD Awareness Day**

Veteran.com

[veteran.com](http://veteran.com)

U.S. Department of Veterans Affairs

[ptsd.va.gov/understand/awareness/understand\\_ptsd.asp](http://ptsd.va.gov/understand/awareness/understand_ptsd.asp)

## **National Minority Mental Health Awareness Month**

Mental Health America

[mhanational.org/bipoc-mental-health/  
bipoc-mental-health-month](https://mhanational.org/bipoc-mental-health/bipoc-mental-health-month)

## **Park and Recreation Month**

National Recreation and Park Association

[nrpa.org](https://nrpa.org)

### Featured Topic in This Month's Toolkit

## **UV Awareness Month**

American Academy of Dermatology Association

[aad.org](https://aad.org)

## **July 21** (Same Date Each Year) **Zero HIV Stigma Day**

HIV.gov

[HIV.gov](https://HIV.gov)

## **July 28** (Same Date Each Year) **World Hepatitis Day**

World Hepatitis Alliance

[worldhepatitisday.org](https://worldhepatitisday.org)

## Children's Eye Health and Safety Month

Prevent Blindness  
[preventblindness.org](http://preventblindness.org)

## MedicAlert Awareness Month

MedicAlert Foundation  
[medicalert.org/medicalert-awareness-month](http://medicalert.org/medicalert-awareness-month)

## National Breastfeeding Month

U.S. Breastfeeding Committee  
[usbreastfeeding.org](http://usbreastfeeding.org)

### Featured Topic in This Month's Toolkit

## National Immunization Awareness Month

Centers for Disease Control and Prevention  
[cdc.gov/vaccines/events/niam](http://cdc.gov/vaccines/events/niam)

## National Wellness Month

National Today  
[nationaltoday.com/national-wellness-month](http://nationaltoday.com/national-wellness-month)

## August 1-7 (Same Dates Each Year)

## World Breastfeeding Week

World Alliance for Breastfeeding Action  
[waba.org.my](http://waba.org.my)

## August 2-8

## National Health Center Week

National Health Center Week  
[healthcenterweek.org](http://healthcenterweek.org)

## August 5 (First Tuesday of August)

## National Night Out

National Night Out  
[natw.org](http://natw.org)

## August 9 (Same Date Each Year)

## International Day of the World's Indigenous Peoples

United Nations  
[un.org](http://un.org)

## August 20 (Same Date Each Year)

## Southern HIV/AIDS Awareness Day

Southern AIDS Coalition  
[southernsolution.org](http://southernsolution.org)

HIV.gov  
[hiv.gov](http://hiv.gov)

## August 30

## National Faith HIV/AIDS Awareness Day

Southern AIDS Coalition  
[southernaidscoalition.org](http://southernaidscoalition.org)

## August 30 (Same Date Each Year)

## National Grief Awareness Day

National Today  
[nationaltoday.com/national-grief-awareness-day](http://nationaltoday.com/national-grief-awareness-day)

## **Baby Safety Month**

Baby Safety Alliance  
[babysafetyalliance.org](http://babysafetyalliance.org)

## **Blood Cancer Awareness Month**

Blood Cancer Awareness Month  
[bloodcancermonth.org](http://bloodcancermonth.org)

## **Childhood Cancer Awareness Month**

American Association for Cancer Research  
[aacr.org/patients-caregivers/awareness-months/childhood-cancer-awareness-month](http://aacr.org/patients-caregivers/awareness-months/childhood-cancer-awareness-month)

## **Fruit & Veggies—More Matters® Month**

Society for Public Health Education  
[sophe.org/focus-areas/nutrition-obesity-physical-activity/nutrition/fruits-veggies-matters](http://sophe.org/focus-areas/nutrition-obesity-physical-activity/nutrition/fruits-veggies-matters)

## **Healthy Aging Month**

National Today  
[nationaltoday.com/healthy-aging-month](http://nationaltoday.com/healthy-aging-month)

## **National Childhood Obesity Awareness Month**

WIC Works Resource System  
[wicworks.fns.usda.gov](http://wicworks.fns.usda.gov)

## **National Food Safety Education Month**

U.S. Food and Drug Administration  
[fda.gov/food/consumers/food-safety-education-month](http://fda.gov/food/consumers/food-safety-education-month)

## **National Preparedness Month**

Ready  
[ready.gov](http://ready.gov)

## **National Recovery Month**

The Association for Addiction Professionals  
[naadac.org](http://naadac.org)

Watch for a special September toolkit dedicated to raising awareness about cancer.

## **National Sickle Cell Awareness Month**

Sickle Cell Disease Association of America, Inc.  
[sicklecelldisease.org](http://sicklecelldisease.org)

## **Ovarian Cancer Awareness Month**

American Association for Cancer Research  
[aacr.org/patients-caregivers/awareness-months/ovarian-cancer-awareness-month](http://aacr.org/patients-caregivers/awareness-months/ovarian-cancer-awareness-month)

## **Prostate Health Month and Prostate Cancer Awareness Month**

American Association for Cancer Research  
[aacr.org](http://aacr.org)

## **September 4** (Same Date Each Year) **World Sexual Health Day**

World Association for Sexual Health  
[worldsexualhealthday.org](http://worldsexualhealthday.org)

## **September 6-12** **National Suicide Prevention Week**

American Foundation for Suicide Prevention  
[afsp.org](http://afsp.org)

## **September 8** (Same Date Each Year) **988 Day**

Substance Abuse and Mental Health Services Administration (SAMHSA)  
[988lifeline.org/988-day](http://988lifeline.org/988-day)

**September 9** (Same Date Each Year)  
**National African Immigrants  
and Refugee HIV/AIDS and  
Hepatitis Awareness Day**

HIV.gov  
[hiv.gov](http://hiv.gov)

**September 10** (Same Date Each Year)  
**World Suicide Prevention Day**  
International Association for Suicide Prevention  
[iasp.info](http://iasp.info)

**September 11** (Same Date Each Year)  
**Patriot Day and National Day of  
Service and Remembrance**  
AmeriCorps  
[americorps.gov](http://americorps.gov)

**September 13-19**  
**National Assisted Living Week**  
American Health Care Association and  
National Center for Assisted Living  
[nalw.org](http://nalw.org)

**September 18** (Same Date Each Year)  
**National HIV/AIDS and  
Aging Awareness Day**  
HIV.gov  
[hiv.gov](http://hiv.gov)

**September 21** (Same Date Each Year)  
**International Day of Peace**  
United Nations  
[un.org](http://un.org)

**September 26** (Fourth Saturday in September)  
**National Public Lands Day**  
National Park Service  
[home.nps.gov/subjects/npscelebrates/public-lands-day.htm](http://home.nps.gov/subjects/npscelebrates/public-lands-day.htm)

**September 27** (Same Date Each Year)  
**National Gay Men's HIV/AIDS  
Awareness Day**  
HIV.gov  
[hiv.gov](http://hiv.gov)

## Breast Cancer Awareness Month

American Association for Cancer Research  
[aacr.org/patients-caregivers/awareness-months/breast-cancer-awareness-month](https://aacr.org/patients-caregivers/awareness-months/breast-cancer-awareness-month)

## Crime Prevention Month

National Crime Prevention Council  
[ncpc.org/programs/crime-prevention-month](https://ncpc.org/programs/crime-prevention-month)

## Health Literacy Month

Health Literacy Month  
[healthliteracymonth.org](https://healthliteracymonth.org)

## Liver Cancer Awareness Month

American Association for Cancer Research  
[aacr.org/patients-caregivers/awareness-months/liver-cancer-awareness-month](https://aacr.org/patients-caregivers/awareness-months/liver-cancer-awareness-month)

## Menopause Awareness Month

National Today  
[nationaltoday.com/menopause-month](https://nationaltoday.com/menopause-month)

## National Bullying Prevention Month

The National Child Traumatic Stress Network  
[nctsn.org](https://nctsn.org)

## National Chiropractic Health Month

American Chiropractic Association  
[acatoday.org/education-events/national-chiropractic-health-month](https://acatoday.org/education-events/national-chiropractic-health-month)

## National Depression and Mental Health Screening Month

National Public Health Information Coalition  
[nphic.org](https://nphic.org)

## National Disability Employment Awareness Month

U.S. Department of Labor  
[dol.gov](https://dol.gov)

## National Domestic Violence Awareness Month

The National Child Traumatic Stress Network  
[nctsn.org](https://nctsn.org)

## National Physical Therapy Month

American Physical Therapy Association  
[apta.org](https://apta.org)

## October 1 (Same Date Each Year) International Day of Older Persons

United Nations  
[un.org](https://un.org)

## October 1 (Same Date Each Year) World Vegetarian Day

North American Vegetarian Society  
[worldvegetarianday.org](https://worldvegetarianday.org)

## October 5 (First Monday of October) World Habitat Day

United Nations Human Settlements  
[urbanoctober.unhabitat.org/whd](https://urbanoctober.unhabitat.org/whd)

### Featured Topic in This Month's Toolkit

## October 10 (Same Date Each Year) World Mental Health Day

World Health Organization  
[who.int](https://who.int)

International Foundation of Employee Benefit Plans  
[ifebp.org/mentalhealthvc](https://ifebp.org/mentalhealthvc)

## October 12 Indigenous Peoples' Day

National Today  
[nationaltoday.com/indigenous-peoples-day](https://nationaltoday.com/indigenous-peoples-day)

**October 12-16**  
**National School Lunch Week**

School Nutrition Association  
[schoolnutrition.org](http://schoolnutrition.org)

**October 15** (Same Date Each Year)  
**National Latinx AIDS Awareness Day**

HIV.gov  
[hiv.gov](http://hiv.gov)

**October 17** (Same Date Each Year)  
**International Day for the  
Eradication of Poverty**

United Nations  
[un.org](http://un.org)

**October 18-24**  
**Healthcare Quality Week**

National Association for Healthcare Quality  
[nahq.org](http://nahq.org)

**October 19-23**  
**National Health Education Week**

Society for Public Health Education  
[sophe.org](http://sophe.org)

**October 20** (Same Date Each Year)  
**World Osteoporosis Day**

World Osteoporosis Day  
[worldosteoporosisday.org](http://worldosteoporosisday.org)

**October 24** (Fourth Saturday of October)  
**Make a Difference Day**

Convoy of Hope  
[convoyofhope.org](http://convoyofhope.org)

**October 28** (Last Wednesday of October)  
**National Senior Health &  
Fitness Day—Fall**

Senior Health & Fitness  
[fitnessday.com](http://fitnessday.com)

**October 29** (Same Date Each Year)  
**World Stroke Day**

American Stroke Association  
[stroke.org](http://stroke.org)

## **American Diabetes Month**

American Diabetes Association  
[diabetes.org](https://diabetes.org)

## **Diabetic Eye Disease Awareness Month**

UNC School of Medicine Ophthalmology  
[med.unc.edu/ophth/2022/10/nov-diabetes-awareness-month](https://med.unc.edu/ophth/2022/10/nov-diabetes-awareness-month)

## **Gastric Cancer Awareness Month**

American Association for Cancer Research  
[aacr.org/patients-caregivers/awareness-months/gastric-cancer-awareness-month](https://aacr.org/patients-caregivers/awareness-months/gastric-cancer-awareness-month)

## **Lung Cancer Awareness Month**

American Association for Cancer Research  
[aacr.org/patients-caregivers/awareness-months/lung-cancer-awareness-month](https://aacr.org/patients-caregivers/awareness-months/lung-cancer-awareness-month)

## **National Care at Home Month**

National Alliance for Care at Home  
[allianceforcareathome.org](https://allianceforcareathome.org)

## **National Epilepsy Awareness Month**

Epilepsy Foundation  
[epilepsy.com](https://epilepsy.com)

### Featured Topic in This Month's Toolkit

## **National Family Caregivers Month**

National Council on Aging  
[ncoa.org/page/national-family-caregivers-month](https://ncoa.org/page/national-family-caregivers-month)

## **National Healthy Skin Month**

American Academy of Dermatology  
[aad.org](https://aad.org)

## **Native American Heritage Month**

The Library of Congress  
[nativeamericanheritagemonth.gov](https://nativeamericanheritagemonth.gov)

## **Neuroendocrine Tumors Awareness Month**

American Association for Cancer Research  
[aacr.org/patients-caregivers/awarenessmonths/carcinoid-cancer-awareness-month](https://aacr.org/patients-caregivers/awarenessmonths/carcinoid-cancer-awareness-month)

## **Pancreatic Cancer Awareness Month**

American Association for Cancer Research  
[aacr.org/patients-caregivers/awareness-months/pancreatic-cancer-awareness-month](https://aacr.org/patients-caregivers/awareness-months/pancreatic-cancer-awareness-month)

## **Prematurity Awareness Month**

March of Dimes  
[marchofdimes.org/prematurity-awareness-month](https://marchofdimes.org/prematurity-awareness-month)

## **November 1-January 1 Tie One On for Safety<sup>®</sup>**

Mothers Against Drunk Driving (MADD)  
[madd.org/drunk-driving/tie-one-on-for-safety](https://madd.org/drunk-driving/tie-one-on-for-safety)

## **November 5 (First Thursday of November) International Day Against Violence and Bullying at School, Including Cyberbullying**

UNESCO  
[unesco.org/en/days/against-school-violence-and-bullying](https://unesco.org/en/days/against-school-violence-and-bullying)

## **November 13 (Same Date Each Year) World Kindness Day**

Random Acts of Kindness Foundation  
[randomactsofkindness.org](https://randomactsofkindness.org)

## **November 14 (Same Date Each Year) World Diabetes Day**

International Diabetes Federation  
[worlddiabetesday.org](https://worlddiabetesday.org)

**November 15** (Same Date Each Year)

## **America Recycles Day**

United States Environmental Protection Agency

[epa.gov/circulareconomy/america-recycles-day](https://epa.gov/circulareconomy/america-recycles-day)

**November 15** (Same Date Each Year)

## **National Philanthropy Day**

Association of Fundraising Professionals

[afpglobal.org/NPDLove](https://afpglobal.org/NPDLove)

**November 16-20** (Week Before Thanksgiving)

## **American Education Week**

National Education Association

[nea.org](https://nea.org)

**November 19** (Third Thursday of November)

## **Great American Smokeout**

American Cancer Society

[cancer.org](https://cancer.org)

**November 21**

## **International Survivors of Suicide Loss Day**

American Foundation for Suicide Prevention (AFSP)

[afsp.org](https://afsp.org)

**November 25** (Same Date Each Year)

## **International Day for the Elimination of Violence Against Women**

UNESCO

[unesco.org](https://unesco.org)

## **National Impaired Driving Prevention Month**

National Safety Council

[nsc.org](https://www.nsc.org)

## **Safe Toys and Gifts Month**

American Public Health Association

[apha.org/events-and-meetings/apha-calendar/2021/2021-safe-toys-and-gifts-month](https://www.apha.org/events-and-meetings/apha-calendar/2021/2021-safe-toys-and-gifts-month)

**December 1** (Same Date Each Year)

## **World AIDS Day**

National AIDS Trust

[worldaidsday.org](https://www.worldaidsday.org)

**December 2** (Same Date Each Year)

## **International Day for the Abolition of Slavery**

United Nations

[un.org](https://www.un.org)

**Watch for a special year-end toolkit from the Wellness Alliance.**

**December 3** (Same Date Each Year)  
**International Day of Persons With Disabilities**

World Health Organization

[who.int](https://www.who.int)

**December 5** (Same Date Each Year)  
**International Volunteer Day**

United Nations

[un.org](https://www.un.org)

**December 6-12**  
**National Influenza Vaccination Week**

National Today

[nationaltoday.com/national-influenza-vaccination-week](https://www.nationaltoday.com/national-influenza-vaccination-week)

**December 10** (Same Date Each Year)  
**Human Rights Day**

United Nations

[un.org](https://www.un.org)

**December 21** (Winter Solstice)  
**Homeless Persons' Memorial Day**

National Health Care for the Homeless Council

[nhchc.org](https://www.nhchc.org)

2026

# Well Balanced Monthly Observance Calendar

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