




Awareness Days and Events Calendar 2026

Version: January 2026

LEGEND:

-  Key Awareness Days and Events
-  Relevant Awareness Days and Events
-  Nice to Know!

JANUARY

THU-SAT
1-31  Dry January
[More information](#)

THU-SAT
1-31  Veganuary
[More information](#)

FEBRUARY

SUN-SAT
1-28  Heart Health Awareness Month
United Kingdom, [United States of America](#)

WED
4  World Cancer Day
[More information](#)


TUE
24  EURORDIS Black Pearl Awards
[More information](#)


SAT
28  Rare Disease Day
[More information](#)

MARCH

WED
4  European Obesity Day
[More information](#)

SUN
8  International Women's Day
[More information](#)

MON
9  Stroke Forum
[More information](#)

TUE
24  Lp(a) Awareness Day
[More information](#)

SAT
28  US National Triglycerides Day
[More information](#)

APRIL

TUE
7  World Health Day
[More information](#)




SAT
18  European Patient Rights Day
[More information](#)


SUN
19  World Liver Day
[More information](#)


THU-SAT
23-25  European Society of Cardiology - Preventive Cardiology Congress 2026
(Ljubljana, Slovenia) [More information](#)

Awareness Days and Events Calendar 2026

LEGEND:

-  Key Awareness Days and Events
-  Relevant Awareness Days and Events
-  Nice to Know!


SAT 25  **US National DNA Day**
[More information](#)

MON 27  **Prevent the Preventable: Accelerating Action on Inherited Lipid Disorders to Power Europe's Cardiovascular Health and Competitiveness - PERFECTO Project Final Event**
[More information coming soon](#)

MAY

MON 4  **HoFH Awareness Day**
[More information](#)


MON-FRI 4-8  **European Mental Health Week**
[More information](#)

SUN 10  **US National Lipid day**
[More information](#)

TUE 12  **European Stroke Awareness Day**
[More information](#)

TUE 12  **International Nurses Day**
[More information](#)

FRI 15  **International Day of Families**
[More information](#)


SUN 17  **World Day against Hypertension**
[More information](#)


MON-MON 18-25  **European Testing Week (Spring)**
[More information](#)

MON-SAT 18-23  **World Health Assembly (WHA79)**
[More information](#)

TUE 19  **World Family Doctor Day**
[More information](#)


TUE-FRI 19-22  **Europe Biobank Week Congress**
[More information](#)

TUE-WED 19-20  **Patients as Partners EU 2026**
[More information](#)

SAT 23  **EAS FH Paediatric Symposium 2026**
[More information](#)




SUN-WED 24-27  **94th European Atherosclerosis Society Congress**
[More information](#)

THU 28  **International Day of Action for Women's Health**
[More information](#)






SUN 31  **World No Tobacco Day**
[More information](#)

Awareness Days and Events Calendar 2026

LEGEND:

-  Key Awareness Days and Events
-  Relevant Awareness Days and Events
-  Nice to Know!







JUNE

- | | | |
|-----------------------|---|--|
| MON
1 |  | Global Day of Parents
More information |
| MON-THU
1-4 |  | PEOF 2026 Global Gathering
More information |
| WED-THU
3-4 |  | ECRD 2026 – European Conference on Rare Diseases & Orphan Products
More information |
| FRI
5 |  | World Environment Day
More information |
| SUN
7 |  | World Food Safety Day
More information |




AUGUST

- | | | |
|-------------------------|---|--|
| FRI-MON
28-31 |  | European Society of Cardiology Congress 2026 (Munich, Germany)
More information |
|-------------------------|---|--|

SEPTEMBER




- | | | |
|------------------------|---|---|
| MON-THU
7-10 |  | European Lipoprotein Club – 49th Scientific Meeting
More information |
| WED
16 |  | World Apheresis Day
More information |
| THU
17 |  | World Patient Safety Day
More information |
| THU
24 |  | FH Awareness Day
More information |
| SAT
26 |  | World Environmental Health Day
More information |
| TUE
29 |  | World Heart Day
More information |


OCTOBER

- | | | |
|------------------------|---|--|
| MON
5 |  | World Walking Day
More information |
| THU-SAT
8-10 |  | World Congress of Cardiology 2026 (Rio de Janeiro, Brazil)
More information |
| SAT
10 |  | World Mental Health Day
More information |







Awareness Days and Events Calendar 2026

LEGEND:




-  Key Awareness Days and Events
-  Relevant Awareness Days and Events
-  Nice to Know!

SAT 10		European Day for Organ, Tissue and Cell Donation More information
FRI 16		World Food Day More information
SUN 18		World Menopause Day More information
TUE-WED 27-28		World Orphan Drug Congress Europe 2026 (Amsterdam, Netherlands) More information
THU 29		International Day of Care and Support More information
THU 29		World Stroke Day More information

NOVEMBER

FRI 6		FCS Awareness Day More information
FRI-SUN 6-8		FH Europe Foundation Annual Network Meeting (Dublin, Ireland) More information coming soon
SAT-MON 7-9		American Heart Association Conference More information
SAT 14		World Diabetes Day More information
THU 19		International Men's Day More information
FRI 20		World Children's Day More information

DECEMBER

THU 3		International Day of Persons with Disabilities More information
SAT 5		International Volunteer Day More information
THU 10		International Human Rights Day More information