

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](#)

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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](#)

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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
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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

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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