




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

MON
2  **World Cancer Day**
[More information](#)

TUE
24  **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  **National Triglycerides Day**
[More information](#)




APRIL





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

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

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- SUN 19**  **World Liver Day**
[More information](#)
- THU 23**  **European Society of Cardiology - Preventive Cardiology Congress 2026**
[More information](#)
- SAT 25**  **World 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 4**  **European Mental Health Week**
[More information](#)
- SUN 10**  **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 18**  **European Testing Week (Spring)**
[More information](#)
- MON 18**  **World Health Assembly (WHA79)**
[More information](#)
- TUE 19**  **World Family Doctor Day**
[More information](#)
- TUE 19**  **Europe Biobank Week Congress**
[More information](#)
- TUE 19**  **Patients as Partners EU 2026**
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- SAT 23**  **EAS FH Paediatric Symposium 2026**
[More information](#)
- SUN 24**  **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](#)







JUNE

- MON 1**  **Global Day of Parents**
[More information](#)
- TUE 2**  **PEOF 2026 Global Gathering**
[More information](#)
- WED 3**  **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**
[More information](#)

SEPTEMBER

- MON 7**  **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 Heart DayWorld Environmental Health Day**
[More information](#)
- TUE 29**  **World Heart Day**
[More information](#)

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OCTOBER




MON 5		World Walking Day More information
THU 8		World Congress of Cardiology 2026 More information
SAT 10		World Mental Health Day More information
SAT 10		European Day for Organ Donation and Transplantation More information
FRI 16		World Food Day More information
SUN 18		World Menopause Day More information
TUE 20		21st International Symposium on Atherosclerosis, 2027 More information
MON 26		World Orphan Drug Congress Europe 2026 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 6		FH Europe Foundation Annual Network Meeting More information coming soon
SAT 7		World Diabetes Day More information
SAT 7		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

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DECEMBER

- THU**
3  International Day of Persons with Disabilities
[More information](#)
- SAT**
5  World Volunteer Day
[More information](#)
- THU**
10  International Human Rights Day
[More information](#)