

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 More information

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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
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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 Day World 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