







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](#)
- FRI**
23  **IAS Masterclass: Genetic Lipid Disorders**
[More information](#)

FEBRUARY




- SUN-SAT**
1-28  **Heart Health Awareness Month**
United Kingdom, United States of America
- MON**
2  **World Cancer Day**
[More information](#)
- THU**
5  **VMAC 2026 – Vascular Medicine & Atherosclerosis Congress**
[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](#)

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APRIL




- | | | |
|-------------------------|---|---|
| TUE
7 |  | World Health Day
More information |
| SAT
18 |  | European Patient Rights Day
More information |
| 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 |








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TUE 19		Europe Biobank Week Congress More information
TUE 19		Patients as Partners EU 2026 More information
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
THU 11		SATY - The Finnish Atherosclerosis Society - Conference More information
SAT 20		World Refugees 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 DayWorld Environmental Health Day More information
TUE 29		World Heart Day More information

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

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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 |

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 |