

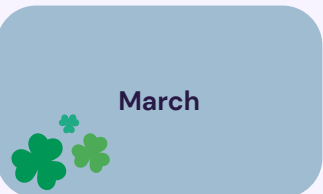
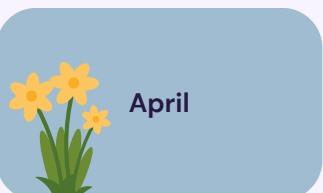

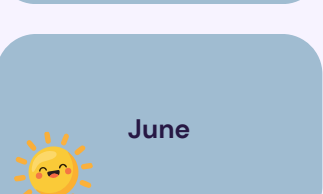








# 2026 Health Observances

Month	Health	Recognized Days	Religious Observances
 <p>January</p>	<p><u>Blood Donor Month</u>  <u>Cervical Health Awareness Month</u>  <u>Glaucoma Awareness Month</u>  <u>Thyroid Awareness Month</u>  <u>1/23/26- Maternal Health Awareness Day.</u></p>	<p><u>1/1/25- New Year's Day</u>  <u>1/19/26- Martin Luther King Jr. Day</u>  <u>1/20/26- National Day of Racial Healing</u>  <u>1/27/26- International Holocaust Remembrance Day.</u></p>	<p><u>1/6/26- Feast of Epiphany</u>  <u>1/14/25- Orthodox New Year</u>  <u>1/18/25- World Religion Day.</u></p>
 <p>February</p>	<p><u>Age- Related Macular Degeneration Awareness Month</u>  <u>American Heart Month</u>  <u>National Cancer Prevention Month</u>  <u>2/23-3/1/26 - National Eating Disorders Week</u></p>	<p><u>Black History Month</u>  <u>2/1/26- National Freedom Day</u>  <u>2/16-2/20/26- Random Acts of Kindness Week</u>  <u>2/14/26- Valentine's Day</u>  <u>2/20/26- World Social Justice Day.</u></p>	<p><u>12/1-2/2/26- Tu Bishvat</u>  <u>2/1/26- Imbolc</u>  <u>2/15/26- Parinirvana</u>  <u>2/17/26- Chinese New Year</u>  <u>2/17-3/19/26- Ramadan</u>  <u>2/25-3/1/26- Festival of Ayyam-i-Ha</u></p>
 <p>March</p>	<p><u>Brain Injury Awareness Month</u>  <u>Kidney Month</u>  <u>MS Education and Awareness Month</u>  <u>National Nutrition Month</u>  <u>Endometriosis Awareness Month</u></p>	<p><u>Women's History Month</u>  <u>Developmental Disabilities Awareness Month</u>  <u>3/8/26- International Women's Day</u>  <u>3/17/26- St. Patrick's Day.</u></p>	<p><u>3/2-3/3/26- Purim</u>  <u>3/4/26- Holi</u>  <u>3/4-3/6/26- Hola Mohalla</u>  <u>3/18/26- Ash Wednesday</u>  <u>2/17-3/19/26- Ramadan</u>  <u>3/20/26- Ostara</u>  <u>3/25/26- The Annunciation</u></p>
 <p>April</p>	<p><u>Alcohol Awareness Month</u>  <u>Occupational Therapy Month</u>  <u>Foot Health Awareness Month</u>  <u>4/6-4/12/26- Public Health Week</u>  <u>4/11/26- World Parkinson's Day</u>  <u>4/16/26-National Healthcare Decisions Day.</u></p>	<p><u>Autism Awareness Month</u>  <u>Celebrate Diversity Month</u>  <u>Arab American Heritage Month</u>  <u>4/22/26- Earth Day</u>  <u>4/26/26- Lesbian Visibility Day</u>  <u>4/28/26- World Day for Safety and Health at Work</u></p>	<p><u>4/1-4/9/26- Passover</u>  <u>4/5/26- Easter</u>  <u>4/12/26- Feast of Divine Mercy</u>  <u>4/14/26- Vaisakhi</u>  <u>4/19-4/29/26- Eid Al-Fitr</u></p>
 <p>May</p>	<p><u>Women's Health Month</u>  <u>Mental Health Awareness Month</u>  <u>Asthma and Allergy Awareness Month</u>  <u>Osteoporosis Month</u>  <u>Healthy Vision Month</u>  <u>Arthritis Awareness Month</u></p>	<p><u>Older Americans Month</u>  <u>Asian American and Pacific Island Heritage Month</u>  <u>Jewish American Heritage Month</u>  <u>Haitian Heritage Month</u>  <u>5/21/26- Global Accessibility Awareness Day.</u>  <u>5/25/26- Memorial Day.</u></p>	<p><u>5/1/26- Beltane</u>  <u>5/4/26- Lag BaOmer</u>  <u>5/14/26- Ascension Day</u>  <u>5/21-5/23/26- Shavuot</u>  <u>5/23/26- Declaration of the Bab</u>  <u>6/26-6/27/26- Eid al-Adha</u></p>
 <p>June</p>	<p><u>Alzheimer's and Brain Awareness Month</u>  <u>Men's Health Month</u>  <u>PTSD Awareness Month</u>  <u>6/8-6/12/26- Community Health Improvement Week</u></p>	<p><u>LGBTQ+ Pride Month</u>  <u>Caribbean Heritage Month</u>  <u>6/14/26- Race Unity Day</u>  <u>6/18/26- Autism Pride Day</u>  <u>6/19/26- Juneteenth</u></p>	<p><u>6/12/26- Feast of the Sacred Heart</u>  <u>6/16/26- Martyrdom of Guru Arjan Dev Sahib</u>  <u>6/17/26- Hijri New Year</u>  <u>6/21/26- Litha</u></p>

If there is a holiday or observance you would like added, email [rtheberge@snhahec.org](mailto:rtheberge@snhahec.org)

# 2026 Health Observances

Month	Health	Recognized Days	Religious Observances
 <p>July</p>	<p><u>Minority Mental Health Awareness Month</u>  <u>UV Safety Month</u>  <u>Social Wellness Month</u>  <u>7/28/26- World Hepatitis Day</u></p>	<p><u>7/14/26- International Non-Binary Day</u>  <u>7/26/26- Americans with Disabilities Act Anniversary</u>  <u>Disability Pride Month</u>  <u>South Asian Heritage Month</u></p>	<p><u>7/25/26- Ashura</u>  <u>7/10/26- Martyrdom of the Bab</u>  <u>7/22-7/23/26- Tisha B'Av</u>  <u>7/31/26- The Feast of St. Ignatius Loyola</u></p>
 <p>August</p>	<p><u>Immunization Awareness Month</u>  <u>National Breastfeeding Month</u>  <u>8/1/26- World Lung Cancer Awareness Day</u>  <u>8/31/26- International Overdose Awareness Day</u></p>	<p><u>8/9/26- International Day of the World's Indigenous People</u>  <u>8/19/26- World Humanitarian Day</u>  <u>8/21/26- World Senior Citizen Day</u>  <u>8/26/26- Women's Equality Day</u></p>	<p><u>8/1/26- Lughnasadh</u>  <u>8/4-8/5/26- Arbaeen</u>  <u>8/15/26- Feast of the Assumption</u>  <u>8/25-8/26/26- Mawlid</u>  <u>9/4/26- Krishna Janmashtami</u></p>
 <p>September</p>	<p><u>Healthy Aging Month</u>  <u>World Alzheimer's Month</u>  <u>National Recovery Month</u>  <u>National Suicide Prevention Month</u>  <u>Sickle Cell Awareness Month</u>  <u>Pain Awareness Month</u>  <u>9/21-9/27/26- Fall Prevention Awareness Week</u></p>	<p><u>Deaf Awareness Month</u>  <u>9/13/26- Grandparents Day</u>  <u>9/15-10/15/26- National Hispanic Heritage Month</u>  <u>9/18/26- International Equal Pay Day</u>  <u>9/21/26- International Day of Peace</u></p>	<p><u>9/4/26- Krishna Janmashtami</u>  <u>9/11-9/13/26- Rosh Hashanah</u>  <u>9/20-9/21/26- Yom Kippur</u>  <u>9/23/26- Mabon</u>  <u>9/25-10/2/26- Sukkot</u></p>
 <p>October</p>	<p><u>National Disability Employment Awareness Month</u>  <u>Breast Cancer Awareness Month</u>  <u>10/12/26- World Arthritis Day</u>  <u>10/12-10/20/26- Bone &amp; Joint Health Action Week</u>  <u>10/20/26- World Osteoporosis Day</u></p>	<p><u>Global Diversity Awareness Month</u>  <u>Domestic Abuse Awareness Month</u>  <u>10/11/26- National Coming Out Day</u>  <u>10/13/26- Indigenous People's Day</u>  <u>10/16/26- Spirit Day</u>  <u>9/15-10/15/26- National Hispanic Heritage Month</u>  <u>10/31/26- Halloween</u></p>	<p><u>9/25-10/2/26- Sukkot</u>  <u>10/20/26- Dussehra</u>  <u>10/22/26- Birth of Baha'u'llah</u></p>
 <p>November</p>	<p><u>Alzheimer's Disease Awareness Month</u>  <u>Diabetes Awareness Month</u>  <u>Hospice and Palliative Care Month</u>  <u>Long Term Care Awareness Month</u>  <u>11/23/26- Public Health Thank You Day</u></p>	<p><u>National Native American Heritage Month</u>  <u>Family Care Givers Month</u>  <u>11/11/26- Veteran's Day</u>  <u>11/16/26- International Day for Tolerance</u>  <u>11/19/26- National Rural Health Day</u>  <u>11/20/26- Transgender Day of Remembrance</u>  <u>11/26/26- Thanksgiving</u></p>	<p><u>11/1-11/2/26- Day of the Dead</u>  <u>11/1/26- All Saints' Day</u>  <u>11/6-11/10/26- Diwali</u>  <u>11/24/26- Guru Nanak Ji's Birthday</u>  <u>11/30/26- St. Andrew's Feast Day</u></p>
 <p>December</p>	<p><u>12/1/26- World AIDS Day</u>  <u>12/6-12/12/26- National Influenza Vaccination Week</u>  <u>12/3-12/7/26- Older Driver Safety Awareness Week</u>  <u>12/1-12/7/26- Crohn's and Colitis Awareness Week</u></p>	<p><u>12/3/26- International Day of Persons with Disabilities</u>  <u>12/9/26- International Genocide Prevention Day</u>  <u>12/10/26- International Human Rights Day</u></p>	<p><u>12/4-12/12/26- Hanukkah</u>  <u>12/8/26- Feast of the Immaculate Conception</u>  <u>12/21-1/1/26- Yule</u>  <u>12/25/26- Christmas</u>  <u>12/26/26- St. Stephen's Feast Day</u>  <u>12/26/26-1/1/27- Kwanza</u></p>

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