

2026

# Well Balanced Monthly Observance Calendar

## **Cervical Health Awareness Month**

National Cervical Cancer Coalition

[nccc-online.org](http://nccc-online.org)

## **National Birth Defects Awareness Month**

Centers for Disease Control and Prevention

[cdc.gov/birth-defects/index.html](http://cdc.gov/birth-defects/index.html)

## **National Blood Donor Month**

The Association for Blood Donor Professionals

[adrp.org/event/national-blood-donor-month](http://adrp.org/event/national-blood-donor-month)

National Today

[nationaltoday.com/national-blood-donor-month](http://nationaltoday.com/national-blood-donor-month)

## **National Glaucoma Awareness Month**

Glaucoma Research Foundation

[glaucoma.org](http://glaucoma.org)

## **National Human Trafficking Prevention Month**

Hope for Justice

[hopeforjustice.org/national-slavery-and-human-trafficking-prevention-month](http://hopeforjustice.org/national-slavery-and-human-trafficking-prevention-month)

### **Featured Topic in This Month's Toolkit**

## **National Staying Healthy Month**

National Today

[nationaltoday.com/national-staying-healthy-month](http://nationaltoday.com/national-staying-healthy-month)

## **Watch for a Monthly Toolkit!**

### **January 11-17**

## **Home Office Safety and Security Week**

National Today

[nationaltoday.com/home-office-safety-and-security-week](http://nationaltoday.com/home-office-safety-and-security-week)

### **January 18-24**

## **National Certified Registered Nurse Anesthetists Week**

American Association of Nurse Anesthesiology

[aana.com](http://aana.com)

### **January 18-24**

## **National Healthy Weight Week**

National Today

[nationaltoday.com/healthy-weight-week](http://nationaltoday.com/healthy-weight-week)

### **January 19** (Martin Luther King Jr. Day) **King Day of Service**

The King Center

[thekingcenter.org](http://thekingcenter.org)

### **January 23** (Same Date Each Year)

## **Maternal Health Awareness Day**

The American College of Obstetricians and Gynecologists

[acog.org/advocacy/policy-priorities/maternal-mortality-prevention/maternal-health-awareness-day](http://acog.org/advocacy/policy-priorities/maternal-mortality-prevention/maternal-health-awareness-day)

## AMD and Low Vision Awareness Month

Prevent Blindness

[preventblindness.org](http://preventblindness.org)

### Featured Topic in This Month's Toolkit

## American Heart Month

National Heart, Lung, and Blood Institute

[nhlbi.nih.gov/education/american-heart-month](http://nhlbi.nih.gov/education/american-heart-month)

## National Cancer Prevention Month

American Association for Cancer Research

[aacr.org/patients-caregivers/awareness-months/national-cancer-prevention-month](http://aacr.org/patients-caregivers/awareness-months/national-cancer-prevention-month)

## National Children's Dental Health Month

American Dental Association

[ada.org/resources/community-initiatives/national-childrens-dental-health-month](http://ada.org/resources/community-initiatives/national-childrens-dental-health-month)

## National Wise Health Care Consumer Month

American Institute for Preventive Medicine

[healthylife.com](http://healthylife.com)

## February 2-6 National School Counseling Week

American School Counselor Association

[schoolcounselor.org](http://schoolcounselor.org)

## February 3 (Same Date Each Year) National Women Physicians Day

American Medical Association

[ama-assn.org](http://ama-assn.org)

## February 6 National Wear Red Day

Go Red for Women | American Heart Association

[goredforwomen.org](http://goredforwomen.org)

## February 7 (Same Date Each Year)

## National Black HIV/AIDS Awareness Day

HIV.gov

[hiv.gov](http://hiv.gov)

## February 8-14 Cardiac Rehabilitation Week

American Association of Cardiovascular  
and Pulmonary Rehabilitation

[aacvpr.org](http://aacvpr.org)

## February 11 (Same Date Each Year)

## International Day of Women and Girls in Science

The International Day of Women and  
Girls in Science Official Website

[womeninscienceday.org](http://womeninscienceday.org)

## February 14-21 National Condom Week

National Coalition of STD Directors

[ncsddc.org](http://ncsddc.org)

## February 22 (Same Date Each Year)

## World Thinking Day

Girl Scouts

[girlscouts.org](http://girlscouts.org)

## February 23-March 1 Eating Disorders Awareness Week

National Eating Disorders Association

[nationaleatingdisorders.org/get-involved](http://nationaleatingdisorders.org/get-involved)

## February 28 (Same Date Each Year)

## HIV Is Not a Crime Awareness Day

HIV.gov

[hiv.gov](http://hiv.gov)

## Bleeding Disorders Awareness Month

National Bleeding Disorders Foundation  
[bleeding.org](http://bleeding.org)

## Brain Injury Awareness Month

Brain Injury Association of America  
[biausa.org](http://biausa.org)

## Developmental Disabilities Awareness Month

National Association of Councils on Developmental Disabilities  
[nacdd.org](http://nacdd.org)

## Endometriosis Awareness Month

Endometriosis Society of America  
[endometriosis.sassn.org/endometriosis-awareness-month-2021](http://endometriosis.sassn.org/endometriosis-awareness-month-2021)

## National Athletic Training Month

National Athletic Trainers' Association  
[nata.org](http://nata.org)

## National Colorectal Cancer Awareness Month

Colorectal Cancer Alliance  
[colorectalcaner.org/get-involved/advocate/colorectal-cancer-awareness-month](http://colorectalcaner.org/get-involved/advocate/colorectal-cancer-awareness-month)

## National Kidney Month

National Kidney Foundation  
[kidney.org](http://kidney.org)

### Featured Topic in This Month's Toolkit

## National Nutrition Month

Academy of Nutrition and Dietetics  
[eatright.org/national-nutrition-month](http://eatright.org/national-nutrition-month)

## Red Cross Month

The American Red Cross  
National Headquarters or Local Chapters  
[redcross.org](http://redcross.org)

## March 1-6

## Aplastic Anemia, MDS, and PNH Awareness Week

The Aplastic Anemia and MDS International Foundation  
[aamds.org](http://aamds.org)

## March 2-6

## National School Breakfast Week

National School Nutrition Association  
[schoolnutrition.org](http://schoolnutrition.org)

## March 8-14

## Multidisciplinary Rehabilitation Week

American Association of Cardiovascular and Pulmonary Rehabilitation  
[aaccpr.org](http://aaccpr.org)

## March 8-14

## Sleep Awareness Week

National Sleep Foundation  
[thensf.org](http://thensf.org)

## March 10

## National Women And Girls HIV/AIDS Awareness Day

HIV.gov  
[hiv.gov](http://hiv.gov)

## March 15-21

## National Poison Prevention Week

Health Resources & Services Administration  
[poisonhelp.hrsa.gov/what-you-can-do/poison-prevention-week](http://poisonhelp.hrsa.gov/what-you-can-do/poison-prevention-week)

**Join the Wellness Alliance for access to the complete calendar and monthly toolkits.**

Visit: [wellnessalliance.org/membership/join-or-renew](http://wellnessalliance.org/membership/join-or-renew)