

RECOGNIZE FAMILY CAREGIVERS

Throughout 2026

Q1 2026

Jan - Financial Wellness Month Feb - American Heart Month Feb 20 - Nat'l Caregivers Day Feb 28 - Rare Disease Day Mar - TBI Awareness Month Mar 6 - Emp Appreciation Day Mar 8 - Int'l Women's Day Mar 16-22 - Neurodiversity Wk

Q3 2026

Jul 7 - Global Forgiveness Day Jul 10 - Chronic Disease Day Jul 24 - Int'l Self Care Day Jul 26 - Disability Indep. Day Jul 26 - National Parents' Day Sep - Self Care, Healthy Aging, & World Alzheimer's Month Sep 13 - Grandparents Day Sep 16 - Working Parents Day

Q2 2026

Apr - Stress Awareness Month Apr 2 - World Autism Day Apr 7 - World Health Day Apr 16 - Health Care Decis. Day May - Mental Health Awareness; Older Americans; Military Apprec.; Stroke Awareness Jun - Alz & Brain Awareness

Q4 2026

Oct - Work & Family Month
Oct 1 - Int'l Day of Older Persons
Oct 10 - World Mental Health
Nov - Family Caregivers; Long
Term Care Awareness; Care at
Home Month
Nov 11 - Veterans Day
Dec 3 - Int'l Day of Persons with
Disabilities

Suggested Speaker Topics

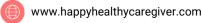
- Self-Care Strategies
- Remote Caregiving
- Sharing the Care

ELIZABETH MILLER

- Juggling Work & Care
- Joy While Caregiving
- Journaling Workshop



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