2026

Veterans Health Library

Helping Veterans stay well and well-informed

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JANUARY

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SUN	MON	TUES	WED	THU	FRI	SAT
DECEMBER S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	FEBRUARY S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28			**1** **New Year's Day***	**2**	**3**
4	**5**	**6**	**7**	**8**	**9**	**10**
11	**12**	**13**	**14**	**15**	**16**	**17**
18	**19** **Birthday of Martin Luther King Jr.***	**20**	**21**	**22**	**23**	**24**
25	**26**	**27**	**28**	**29**	**30**	**31**

**Clinic hours may vary.*

Strive for a Healthy Weight. Starting a weight management plan may help you to feel better, boost energy, reduce disease risk, and increase confidence and overall health. Set goals, track progress, and reward yourself. Scan the QR code to learn more!

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FEBRUARY

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SUN	MON	TUES	WED	THU	FRI	SAT
1	2 Groundhog Day	3	4	5	6	7
8	9	10	11	12	13	14 Valentine's Day
15	16 Washington's Birthday (observed)*	17 Lunar New Year	18 Ash Wednesday	19	20	21
22	23	24	25	26	27	28

JANUARY

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MARCH

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Clinic hours may vary.

Be Involved in Your Health Care: Know Your Medicines. Being involved in your care means knowing your medicines—what they are for, how to take them, and possible side effects. This helps you stay safe, informed, and in control of your health. Scan the QR code for more information about staying safe with medicines.

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MARCH

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SUN	MON	TUES	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8 Daylight saving time begins	9	10	11	12	13	14
15	16	17 St. Patrick's Day	18	19 Eid al-Fitr (expected)	20 First day of spring	21
22	23	24	25	26	27	28
29 Palm Sunday	30	31				

FEBRUARY

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APRIL

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Eat Wisely. Making healthy food choices can boost your energy, support your health, and help you feel your best. But making changes can be challenging. Scan the QR code to watch a video to see how one change can help.

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APRIL

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SUN	MON	TUES	WED	THU	FRI	SAT
MARCH S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	MAY S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		**1** **Passover begins at sundown**	**2**	**3** **Good Friday**	**4**
5 **Easter**	**6**	**7**	**8**	**9**	**10**	**11**
12	**13**	**14**	**15**	**16**	**17**	**18**
19	**20**	**21**	**22** **Earth Day**	**23**	**24**	**25**
26	**27**	**28**	**29**	**30**		

Be Involved in Your Health Care. Staying involved in your health care helps you make informed choices, manage conditions better, and reach your health goals. Scan the QR code to learn more about how to make the most of your medical visits.

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MAY

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SUN	MON	TUES	WED	THU	FRI	SAT
APRIL S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	JUNE S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30				1	2
3	4	5 Cinco de Mayo	6	7	8	9
10 Mother's Day	11	12	13	14	15	16 Armed Forces Day
17	18	19	20	21	22	23
24 31	25 Memorial Day*	26 Eid al-Adha (expected)	27	28	29	30

Clinic hours may vary.

Be Physically Active. Staying active is one of the best ways to keep your heart healthy. Regular physical activity helps lower blood pressure, improve circulation, and reduce the risk of heart disease. For ideas on how to stay active, scan the QR code.

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JUNE

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SUN	MON	TUES	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 **Birthday of the U.S. Army** **Flag Day**	15	16	17	18	19 **Juneteenth National Independence Day***	20
21 **Father's Day** **First day of summer**	22	23	24	25	26	27
28	29	30				

MAY

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JULY

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19	20	21	22	23	24	25
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**Clinic hours may vary.*

Sleep Well. Good sleep starts with healthy habits. Simple daily routines—called sleep hygiene—can help you fall asleep easier, sleep better, and feel more rested during the day. Scan the QR code to learn more about sleep hygiene.

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JULY

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SUN	MON	TUES	WED	THU	FRI	SAT
JUNE S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	AUGUST S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		1	2	3 Independence Day (observed)*	4 Independence Day
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Clinic hours may vary.

Limit Alcohol. Drinking within recommended limits lowers your risk of alcohol-related and other health problems. Talk to your VA care team if you need help cutting back. For tips on cutting back on drinking, scan the QR code.

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AUGUST

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SUN	MON	TUES	WED	THU	FRI	SAT
JULY S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	SEPTEMBER S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30					1
2	3	4 **Birthday of the U.S. Coast Guard**	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24 31	25	26	27	28	29

Protect Your Health: Focus on Immunizations. Lower your risk of serious illness by staying up to date. Scan the QR code to visit the Veterans Health Library and learn how immunizations protect your health.

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SEPTEMBER

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SUN	MON	TUES	WED	THU	FRI	SAT
		1	2	3	4	5
6	7 Labor Day*	8	9	10	11 Patriot Day Rosh Hashanah begins at sundown	12
13 National Grandparents Day	14	15	16	17	18 Birthday of the U.S. Air Force	19
20 Yom Kippur begins at sundown	21	22 First day of fall	23	24	25	26
27	28	29	30			

AUGUST

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OCTOBER

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Clinic hours may vary.

Be Safe: Prevent Self-Harm. Severe distress can impact your body, thoughts, and actions. In some cases, it can lead to self-harm or suicidal thoughts. Stay safe—scan the QR code to learn the warning signs and how to get help.

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OCTOBER

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SUN	MON	TUES	WED	THU	FRI	SAT
SEPTEMBER S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	NOVEMBER S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30			1	2	3
4	5	6	7	8	9	10
11	12 Columbus Day*	13 Birthday of the U.S. Navy	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Halloween

*Clinic hours may vary.

Get Recommended Vaccines and Screening Tests: Focus on Breast Cancer Screening.

Ask your health care provider if it is time for a breast cancer screening. Mammograms can find cancer early when treatment works best. Scan the QR code to learn more.

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SUN	MON	TUES	WED	THU	FRI	SAT
1 Daylight saving time ends	2	3 Election Day	4	5	6	7
8	9	10 Birthday of the U.S. Marine Corps	11 Veterans Day*	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26 Thanksgiving Day*	27	28
29	30					

OCTOBER

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DECEMBER

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**Clinic hours may vary.*

Be Tobacco Free. Stopping tobacco can improve your health at any age. If you smoke or use nicotine products, VA has tools and support to help you create and follow a quit plan. Scan the QR code to learn more about tobacco and your health.

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DECEMBER

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SUN	MON	TUES	WED	THU	FRI	SAT
NOVEMBER S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	JANUARY S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	**1**	**2**	**3**	**4** **Hanukkah begins at sundown**	**5**
6	**7** **Pearl Harbor Remembrance Day**	**8**	**9**	**10**	**11**	**12**
13 **Birthday of the U.S. National Guard**	**14**	**15**	**16**	**17**	**18**	**19**
20 **Birthday of the U.S. Space Force**	**21** **First day of winter**	**22**	**23**	**24** **Christmas Eve**	**25** **Christmas Day***	**26** **First day of Kwanzaa**
27	**28**	**29**	**30**	**31** **New Year's Eve**		

Clinic hours may vary.

Manage Stress. Stress happens to everyone, but too much can harm your health. Find the right way for you to handle stress. Start building your plan today by scanning the QR code.

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2027 AT A GLANCE

JANUARY

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FEBRUARY

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MARCH

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APRIL

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MAY

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JUNE

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JULY

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AUGUST

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SEPTEMBER

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OCTOBER

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NOVEMBER

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DECEMBER

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
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Veterans Health Administration

If you qualify for VA health care, you'll receive coverage for the services you need to get—and stay—healthy.

VA Health Care Hotline:
(877) 222-8387

Community Care/MISSION Act

Access other providers when VA can't provide the care needed.

Community Care:
(877) 881-7618

Caregiver Support Program

Services for caregivers of eligible and covered Veterans enrolled in VA Health Care.

Caregiver Support Line:
(855) 260-3274

National Cemetery Administration

Get help with burial eligibility and planning a burial in a VA national cemetery, order memorial items.

VA Cemetery Office:
(800) 535-1117

Memorial Items:
(800) 697-6947

Veterans Crisis Line

24/7 free, confidential support.
Call: Dial **988 (then press 1)**
Text: **838255**

Veterans Crisis Line
DIAL 988 then PRESS 1

Veterans Benefits Administration

Apply for a disability rating or increase. Learn about the PACT Act, benefits for spouses, dependents, and survivors.

VA Benefits Hotline:
(800) 827-1000

Vet Center Call Line:
(877) 927-8387

VA Life Insurance Center:
(800) 669-8477

VA Education Benefits Center:
(888) 442-4551

VA Resource Navigator

View VA benefits and services information in this concise resource guide.

VA.gov

Visit VA.gov to learn about VA programs and services, VA health care and benefits eligibility.

VA Mobile Applications

Explore VA apps that are designed for Veterans, their caregivers, and families. You can even manage your VA health care, benefits, and payments through the **VA Health & Benefits App.**

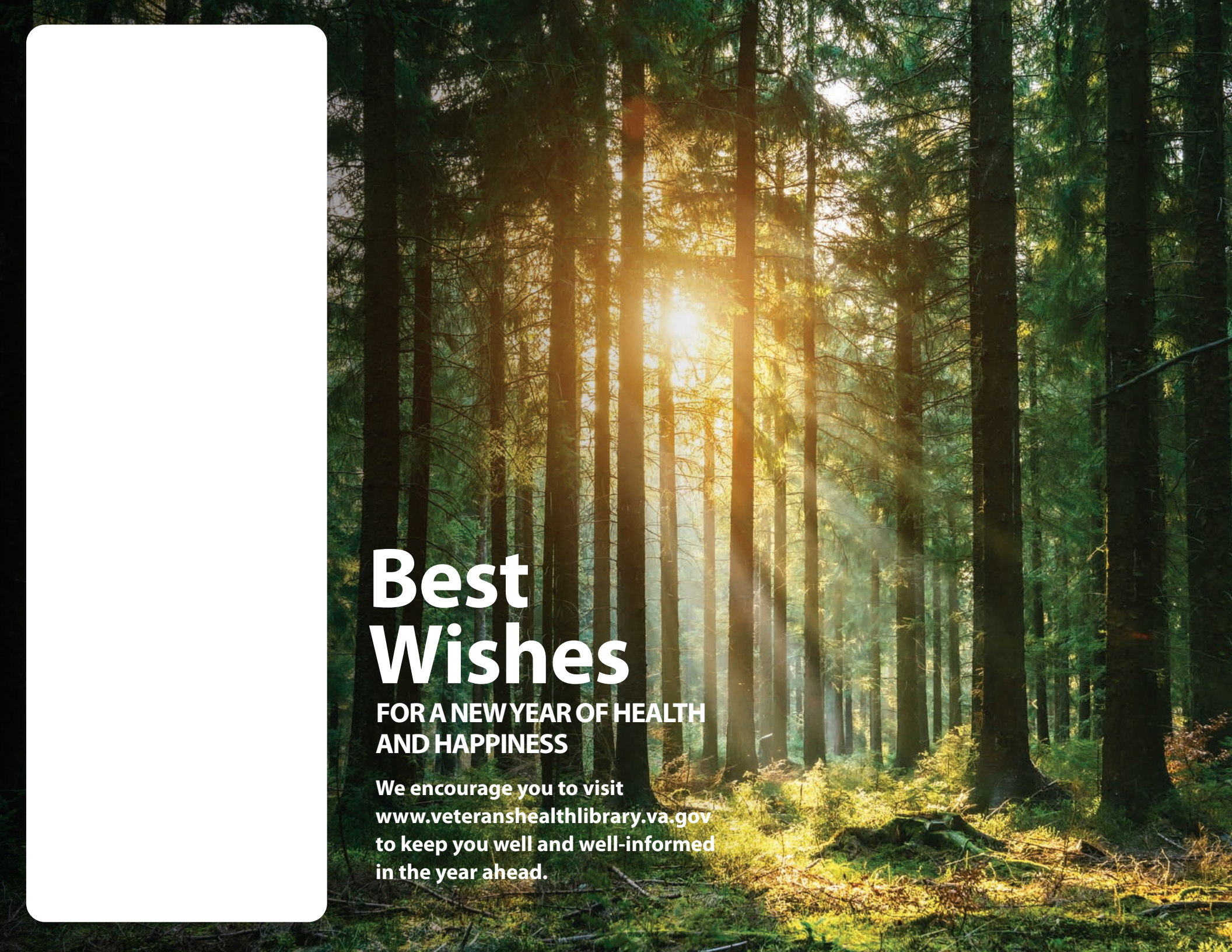
MyVA411: (800) 698-2411

Available 24 hours each day to answer VA-related questions.

This calendar is a tribute to the remarkable spirit of Veterans participating in VA Adaptive Sports.

VA's National Center for Health Promotion and Disease Prevention is proud to showcase the dedication and resilience seen at national rehabilitation events.

Visit the National Center for Health Promotion and Disease Prevention website to learn more about the Veterans Health Library and access additional formats of the 2026 calendar.


Best
Wishes
FOR A NEW YEAR OF HEALTH
AND HAPPINESS
We encourage you to visit
www.veteranshealthlibrary.va.gov
to keep you well and well-informed
in the year ahead.