

# Social Media 2026 Calendar

## (General Practice)

Color key for content provider:  
 Blue: Your Practice Online Post  
 Black: Practice Content  
 Orange: Social Media Share

### JANUARY



### CONTENT

### HASHTAGS

- New Year's Day(1)
- Weight Loss Awareness Month(19-25)
- Cervical Health Awareness Month(21-28)

- [Happy New Year](#)
- Diet and exercise blog  
Fitness tips blog
- [Keeping New Year's resolutions article](#)

- #newyear
- #happynewyear
- #weightloss
- #gethealthy

### FEBRUARY



### CONTENT

### HASHTAGS

- Super Bowl (8)
- Valentine's Day (14)
- American Heart Month (8-14)

- Happy Valentine's Day – dinner for two drawing for patient testimonial submission
- Keeping your heart healthy blog
- [Super Bowl article](#)
- [Local event supporting cardiovascular health](#)

- #SuperBowl
- #football
- #ValentinesDay
- #heartmonth
- #love

### MARCH



### CONTENT

### HASHTAGS

- First day of Spring (20)
- National Doctor's Day (30)
- National Nutrition Month(1-31)
- Colon Cancer Awareness Month (1-31)
- National Endometriosis Awareness Month(1-31)

- Symptoms of colon cancer blog
- Superfoods or healthy eating blog
- [Spring allergies article](#)

- #healthyfoods
- #NNM
- #spring
- #superfoods
- #coloncancer

### APRIL



### CONTENT

### HASHTAGS

- Tax Day reminder (15)
- Earth Day (22)
- IBS Awareness/ Autism (1-30)

- [Happy Earth Day](#)
- Golfing blog
- [Community Earth Day events](#)

- #earthday
- #golf

## MAY



## CONTENT

- National Nurse's Day (6)
- National Hospital Week (10-16)
- Mother's Day (10)
- Memorial Day (25)
- National Physical Fitness and Sports Month(1-7)
- National Osteoporosis Awareness and Prevention Month(1-31)
- National Melanoma/Skin Cancer Detection and Prevention Month(6-12)
- Arthritis Awareness month(1-31)

- [Happy Memorial Day](#)
- [Happy Mother's Day](#)
- Feature patient testimonials (Moms)
- Osteoporosis blog
- [Preventing skin cancer article](#)

## HASHTAGS

- #nursesday
- #hospitalweek
- #mothersday
- #family
- #memorialday
- #osteoporosis
- #skincancer
- #arthritis

## JUNE



## CONTENT

- Father's Day (21)
- Men's Health Week (second week) (9-15)
- Men's Health Month (1-30)

- [Happy Father's Day](#)
- Feature patient testimonials (Dads)
- [Gardening tips blog](#)

## HASHTAGS

- #summer
- #fathersday
- #menshealthmonth
- #family

## JULY



## CONTENT

- Independence Day (4)

- [Happy Independence Day](#)
- Staff photo with flag
- Stay hydrated blog
- [Summer fitness tips article](#)

## HASHTAGS

- #independenceday
- #summer

## AUGUST



## CONTENT

- Immunization Awareness Month(1-31)
- National Dog Day (26)

- Picture of your dog
- Back to school article

## HASHTAGS

- #dogday
- #NationalDogDay
- #backtoschool

## SEPTEMBER



## CONTENT

## HASHTAGS

- Labor Day (7)
- Back to School(8)
- 9/11 Remembrance(11)
- Ovarian Cancer Awareness Month(1-30)
- PCOS Awareness Month/ Gynecologic Cancer Awareness Month(1-30)
- Prostate Cancer Awareness Month(17-24)
- Fall Prevention Day (22)

- Happy Labor Day
- Patriot Day (9/11)
- Student testimonial
- Risks of prostate cancer blog
- **First Day of Fall Article**

- #LaborDay
- #backtoschool
- #neverforget
- #PCOSawareness
- #cancerawareness
- #fallpreventionmonth
- #backtoschool

## OCTOBER



## CONTENT

## HASHTAGS

- National Breast Cancer Awareness Month(1-31)
- Halloween (31)
- National Physical Therapy Month (1-31)
- National Physician Assistant Week (6-12)
- National Cat Day (29)

- Fall fitness tips
- Local breast cancer survivor testimonial
- **Breast cancer awareness events (5Ks and Fairs)**

- #breastcancer
- #breastcancerawareness
- #Halloween
- #physicaltherapy
- #catday

## NOVEMBER



## CONTENT

## HASHTAGS

- Veteran's Day (11)
- Great American Smokeout (19)
- Thanksgiving (26)
- American Diabetes Month(1-30)
- COPD Awareness Month(1-30)
- National Nurse Practitioner Week (8-14)

- **Veteran's Day post**
- **Happy Thanksgiving**
- Preventing diabetes blog
- Patient testimonials that have served in the military
- **Tips to stop smoking article**
- **Local holiday interest story**

- #happythanksgiving
- #blessed
- #COPDawareness

## DECEMBER



## CONTENT

## HASHTAGS

- National Influenza Vaccination Week (6-12)
- Happy Holidays (23)
- National Handwashing Awareness Week (1-7)

- **Holiday Greeting**
- Patient testimonial in holiday setting
- Staff holiday photo
- **Local holiday interest story**

- #happyholidays
- #InfluenzaVaccinationWeek
- #flushot
- #vaccination
- #washyourhands

This calendar is intended to provide ideas to help you create a personal social media posting schedule for your practice. Content and hashtags are suggestions for your consideration and do not necessarily guarantee results.