



## A Time for Love and Kindness



There's no escaping Valentine's Day this month, but you don't need to be partnered up to spread the love. Practicing kindness toward yourself and your community is all it takes to stay warm, at least on the inside.



# World Cancer Day: United by Unique

As one of the world's main causes of death, cancer affects nearly everyone in some way. That's the idea behind the [Union for International Cancer Control's](#) three-year [World Cancer Day](#) campaign, [United by Unique](#).

Now in its second year, the campaign focuses on people-centered care. This healthcare approach centers the needs and expectations of people and communities rather than diseases. Take some time this month to learn about people-centered care or share how cancer has affected your life.

- [National Cancer Prevention Month](#)
- [International Childhood Cancer Day \(Feb. 15\)](#)

# Every Body Belongs



About [9% of Americans](#)—that's 29 million people—will have an eating disorder during their lifetime. People of any background can be affected, yet [stigma](#) often hinders diagnosis and treatment.

During [National Eating Disorders Awareness Week](#) (Feb. 23–March 1), the [National Eating Disorders Association](#) aims to remove some of that stigma through public education. Check out their resources for prevention and screening for yourself or a loved one.

- [Busting the Myths About Eating Disorders](#)
- [National Alliance for Eating Disorders](#)



# Financial Aid Is for Anyone

Anyone considering furthering their education should fill out the Free Application For Federal Student Aid (FAFSA) to find out if they qualify for financial assistance.

[Financial Aid Awareness Month](#) is in February as a reminder that many schools' FAFSA deadlines are in early spring. The federal aid deadline is June 30, but applying earlier means a better chance at school-specific assistance.

Financial aid isn't just loans, and it isn't just for university tuition—technical certifications may also be eligible.

- [About the FAFSA](#)
- [FAFSA form](#)

# Go Ahead, Make Someone's Day

**make  
kindness  
the norm.**  
randomactsofkindness.org

RANDOM ACTS OF KINDNESS FOUNDATION®

If you've ever experienced a random act of kindness, you know how uplifting it can feel. [Random Acts of Kindness Week](#) (Feb. 15–20) and Day (Feb. 17) challenge everyone to spread the good vibes by finding simple, meaningful ways to express kindness.

Kindness isn't just about feeling good in the moment. [Research](#) indicates practicing kindness can positively affect your well-being and can encourage others to be kind as well.

Not sure where to start? Check out [these suggestions](#) from the Random Acts of Kindness Foundation.

- [Kindness in the workplace](#)
- [Self-kindness](#)



# A Century of Celebrating Black History

A full century ago, historian Carter G. Woodson (the “father of Black history”) created what would eventually become [Black History Month](#). Officially recognized by the U.S. government in 1976, it takes place in February to coincide with the birthdays of President Abraham Lincoln and abolitionist Frederick Douglass.

This year, join the Smithsonian for a cross-country journey celebrating [The Negro Travelers’ Green Book](#), a guide that listed safe and welcoming places for Black travelers in the United States.

- [Association for the Study of African American Life and History](#)
- [BlackHistoryMonth.gov](#)