



FEBRUARY SERVICE AND VOLUNTEERISM

Equity, Wellness & Community Care

This month, GPPH encourages students to engage in service that reflects the values of Black History Month and American Heart Month—with a focus on health equity, prevention, and community well-being.

FEBRUARY 1 - MARCH 1, 2026



Black History Month is an opportunity to recognize the contributions of Black leaders and communities while also addressing ongoing health disparities.

American Heart Month calls attention to heart disease as a leading cause of death in the U.S., with disproportionate impacts on historically marginalized communities.



Black History Month Service Ideas

Volunteer with Black-led organizations focused on health, housing, education, or social justice.

Support community programs addressing racial and health inequities, such as maternal health, chronic disease, or access to care.

Create or share educational materials highlighting health disparities and the importance of culturally responsive care.

Assist with or attend community events honoring Black history, leadership, and resilience.

American Heart Month Service Ideas

Volunteer at community health fairs offering blood pressure or wellness screenings.

Partner with local organizations to share heart-healthy education related to nutrition, physical activity, and stress management.

Support awareness or fundraising efforts with organizations like the American Heart Association.

Promote movement and connection by organizing or joining walks, fitness challenges, or wellness activities in your community.

Students are encouraged to engage in service locally, wherever they live. Community-based service, virtual volunteering, and advocacy efforts all count toward your service hours.

Service Cord Reminder

All hours completed through community or professional service count toward your UNE GPPH Service Cord.

🔗 Log your service hours:

<https://success.une.edu/public-health/service-cord/>

✉️ Questions? Contact Kristina Stewart (kstewart19@une.edu)