



PROCLAMATION

MENSTRUAL HEALTH DAY

May 28, 2025

WHEREAS: 1 in 4 Canadian menstruators (25%) have been forced to make the decision between purchasing menstrual products and purchasing other essentials such as food or rent within the last year. Today we recognize that this is an issue that exists in our community, throughout the province, and across the country; and

WHEREAS: Menstrual Health Day (MH Day) is a global day of action that was initiated by German non-profit WASH United in 2014 to raise awareness and change how the world perceives menstruation. Whereas: The date of May 28 was chosen to represent the average menstrual cycle, with the average duration of the cycle being 28 days while the average bleeding period is 5 days; and

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WHEREAS: The Period Purse, a federally registered charity, strives to achieve menstrual equity by removing the stigma and barriers to education and access to period supplies in communities across Canada; and

WHEREAS: a Period Friendly Canada is a Canada where everyone can access the products, education and infrastructure they need to achieve menstrual health. Working together we can end the root causes of period poverty in our community.

NOW THEREFORE I, Leonard Krog, Mayor of the City of Nanaimo, do hereby proclaim May 28, 2025 as:

MENSTRUAL HEALTH DAY

in the City of Nanaimo, Province of British Columbia.

Leonard Krog
MAYOR

Dated this 5th day of February 2025

