



PROCLAMATION

MENSTRUAL HEALTH DAY May 28, 2026

WHEREAS: Today, on May 28th, we recognize that 1 in 6 Canadian menstruators are affected by period poverty, a reality experienced in our community, in every corner of the province, and across Canada. 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. The Period Purse, a federally registered charity, works nationally to achieve menstrual equity by removing stigma and breaking down barriers to education and access to period supplies in communities across Canada. 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, 2026 as:

MENSTRUAL HEALTH DAY

in the City of Nanaimo, Province of British Columbia.

Mayor Leonard Krog
City of Nanaimo

Dated this 9th day of January 2026

