



# P R O C L A M A T I O N

CITY OF NEW WESTMINSTER

## **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.
- 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.
- 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.
- 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, Patrick Johnstone, Mayor of the City of New Westminster do hereby proclaim May 28th, 2025 as

## **MENSTRUAL HEALTH DAY**

In the City of New Westminster, Province of British Columbia.

Patrick Johnstone  
MAYOR

