



## Proclamation

May 28, 2023

### Menstrual Health Day

**Whereas**, Menstrual Health Day (MH Day) is a global day of action with more than 830 partner organizations working together to catalyze awareness and action towards a world without period poverty and stigma; and

**Whereas**, MH Day is on May 28 of each year as it represents the menstrual cycle (average of every 28 days for a duration average of 5 days); and

**Whereas**, MH Day raises awareness about the challenges that women, girls and gender diverse people experience due to menstruation. It also highlights the importance of menstrual hygiene. Talking about this is an important part of reducing the stigma around periods; and

**Whereas**, it is time to speak positively about periods and help end the stigma around them, while understanding the need for equity, including providing marginalized communities with access to free menstrual hygiene products that reduce period poverty; and

**Whereas**, through open dialogue to help counter taboos surrounding periods, we can work to promote equitable access to hygiene needs and products;

**Now Therefore, I, Mayor Lisa Post**, on behalf of Council, do hereby proclaim May 28, 2023 as “**Menstrual Health Day**” in the Town of Orangeville.

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Lisa Post  
Mayor