



**Proclamation  
World Menstrual Health Day  
May 28, 2025**

**WHEREAS**, menstruation is a natural biological process experienced by over half the population at some point in their lives, yet it remains heavily stigmatized and misunderstood; and

**WHEREAS**, one in four Canadian menstruators has been forced to choose between purchasing menstrual products and other basic necessities such as food or rent within the last year, highlighting the urgent issue of period poverty; and

**WHEREAS**, May 28 has been globally recognized as World Menstrual Health Day, chosen to symbolize the average 28-day menstrual cycle and the average five days of menstruation, with May being the fifth month of the year; and

**WHEREAS**, the Period Purse, a federally registered Canadian charity, works to create a Period Friendly world by removing barriers to menstrual health through education, advocacy, and access to supplies in communities across the country; and

**THEREFORE, be it resolved that** I, Mayor Nancy Dicks, on behalf of the Town Council and the citizens of New Glasgow, do hereby proclaim May 28, 2025, as World Menstrual Health Day in the Town of New Glasgow.

Mayor Nancy Dicks