



## 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.

**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 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.

**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** Members of Okotoks Town Council do hereby proclaim May 28, 2026 as Menstrual Health Day in the Town of Okotoks and encourage residents to recognize the importance of menstrual health, dignity, and equity in our community.

--ORIGINAL SIGNED--