



PROCLAMATION
World Menstrual Health Day
May 28, 2026

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, do hereby proclaim May 28, 2026, as “**World Menstrual Health Day**” in the Town of New Glasgow.

Nancy Dicks

Mayor Nancy Dicks