



PROCLAMATION

OFFICE OF THE MAYOR

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; and

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; and

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 and encourage residents to recognize the importance of menstrual health, dignity, and equity in our community; and

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.

Therefore I, Marianne Meed Ward, Mayor of the City of Burlington, do hereby proclaim **May 28th, 2026** as

“Menstrual Health Day”

in the City of Burlington and do commend its thoughtful observance to all citizens of our municipality.

Mayor Marianne Meed Ward

Dated this 1st day of April 2026

