

Are you planning to celebrate MH Day 2017?

The theme for MH Day 2017 is education and the slogan is:

Education about menstruation changes everything

Here is how you can get engaged. It is easy as 1, 2, 3.

1 Learn more about the theme and download the materials

Download the MH Day 2017 campaign materials here:

<http://menstrualhygieneday.org/materials/2017-campaign-materials/>

More materials, including other languages, are expected to come.

Of course you can create your own materials, too! Just include the [MH Day logo](#).

2 Plan an event! And let the world and us know, too!

Conduct education sessions, mobilize the community, create an exhibition, conduct talk-shows, etc. There is so much you can do to break the silence and educate about MHM!

Enter your event here: [submit-an-event/](#)

Or find an event near you that you can support: [Event overview](#)

3 Get active on social media!

Use the hashtags **#menstruationmatters** **#mhd2017** **#menstravaganza**

Here are also some recommended tweets: [TweetSheet](#)

4 Approach your local media!

Approach journalists from newspapers, magazines, TV and radio, share a press release, stories and images from your work.



And just stay up to date!

Subscribe to the [newsletter](#) and follow us

www.facebook.com/Menstrualhygieneday

www.twitter.com/MHDay28May

You can also email us at info@menstrualhygieneday.org

#Menstruationmatters

www.menstrualhygieneday.org



28 May
MENSTRUAL
HYGIENE DAY