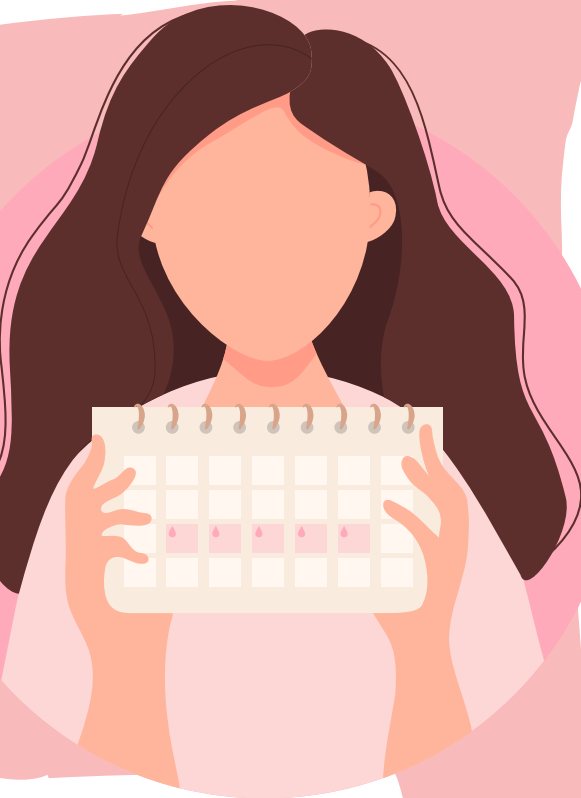


WHAT IF WE COULD TALK ABOUT THE MENSTRUAL CYCLE DIFFERENTLY?

Campagne Rouge
#LaVieEnRouge



By observing daily the fluctuations of our menstrual cycle, we quickly realize that it can serve as a **compass to guide us in our choices and our daily actions** if we are sensitive enough. What is fascinating about our cyclical nature is to become aware of certain predictabilities (e.g. behaviors and emotions that come back at the same time during the cycle) and also to realize that **it is a resource that guides us to finding answers deep inside.**

Talking about the cycle differently and using this valuable tool in organizing our schedules would certainly allow us **to improve our mental, physical and emotional health** and, at the same time, **calm our unhealthy relationship with productivity.**

We realize that the menstrual cycle, and more precisely **menstruation involve the issue of period poverty.** Despite the actions taken, **far too many women still do not have access to menstrual products every month.** It needs to change!

Réseau québécois d'action
pour la santé des femmes



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