



PRIME MINISTER • PREMIER MINISTRE

July 24, 2019

Dear Friends:

I am pleased to extend my warmest greetings to everyone marking International Self-Care Day.



This annual event raises awareness about the importance of self-care and the role it plays in helping people lead healthier lives. This year's focus on risk avoidance encourages Canadians to be mindful of self-care practices that will help to prevent diseases and treat ailments.

I would like to thank Consumer Health Products Canada for encouraging Canadians to participate in this event. You can take pride in your efforts to ensure the well-being of your fellow citizens.

Please accept my best wishes on this occasion.

Sincerely,

The Rt. Hon. Justin P. J. Trudeau, P.C., M.P.
Prime Minister of Canada