



PRIME MINISTER • PREMIER MINISTRE

Statement from the Prime Minister of Canada

It is with great pleasure that I join with Canadians to celebrate and participate in International Self-Care Day (ISCD).

ISCD celebrates the importance of self-care and plays an important role in our healthcare system. The practice of self-care includes things that Canadians do each day to prevent diseases and treat ailments, and is an important reminder to prioritize self-care in our daily lives.

Thank you to Consumer Health Products Canada for organizing this amazing day and to everyone who is participating for helping to increase awareness.

Please accept my warmest welcome and best wishes for a memorable ISCD!



Ottawa
2018