



PRIME MINISTER • PREMIER MINISTRE

July 24, 2016

Dear Friends:

I am delighted to extend my warmest greetings to all Canadians marking International Self-Care Day (ISCD).



Established in 2011 by the International Self-Care Foundation, ISCD is an annual opportunity to raise public awareness of the importance of self-care and its role in leading a healthy lifestyle. Whenever we apply sunscreen or treat a bug bite, wear a helmet when riding our bikes or manage everyday health conditions and minor ailments like colds, headaches and allergies, we are practising self-care. But we can also take control of our own health in other ways, from exercising and eating right to carefully reading the labels on health products and seeking out reliable sources of self-care advice online.

I encourage all Canadians to take advantage of International Self-Care Day to learn more about the steps they can take to look after themselves and improve their quality of life.

Please accept my best wishes for an informative day.

Sincerely,

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