



Menstruation Health Week 2025 - Join the Movement for Period Dignity

Dear Community Partner,

As part of **Menstruation Health Week 2025**, we invite city and county offices, businesses, nonprofits, schools, and places of worship to commit to providing **free period products** in restrooms or accessible locations. This small act creates a significant impact on health, equity, and dignity.

The Local Need

Period poverty—a lack of access to menstrual supplies due to financial hardship—affects thousands of Minnesotans, including many in our community. In **Beltrami County**, 16% of residents live below the poverty line. In **Bemidji**, that number exceeds 20%. This includes **girls as young as 11**, as well as adults who menstruate and cannot always afford or access basic supplies.

The Return on Investment of Period Equity

Providing free products isn't just compassionate; it's practical. When menstruators can access supplies discreetly and hygienically:

- They stay at work, in school, and engaged
- Absences and disruptions decrease
- Morale, productivity, and inclusion increase

We recommend offering **individually wrapped pads and tampons** in all restrooms or near the front desk or welcome area. Participants will receive a simple product setup guide.

Recognition During Menstruation Health Week

By taking the **Period Dignity Pledge**, your organization will:

- Receive a **"Period Dignity Supporter" window sticker**
- Be **recognized on social media and in exhibit displays** during **"Women's History, Period. (The Evolution of Menstruation)"**, held **May 26–31, 2025**, in honor of **Menstrual Health Day (May 28)**

This week-long series, hosted by the Beltrami County Historical Society and the Bemidji Public Library, explores menstruation through historical, cultural, and healthcare lenses. Programs will include menstruation in ancient civilizations, gender-inclusive gynecological health, and the impact of systemic misogyny on care.

Please return your pledge form by **May 20, 2025**. Let's work together to ensure no one must leave your building in distress simply because they menstruate.

With gratitude for your leadership,

Emily Thabes
Executive Director, Beltrami County Historical Society

Katherine Egelhof
Adult Program Coordinator, Bemidji Public Library

PERIOD DIGNITY PLEDGE FORM

Menstruation Health Week – Period Dignity Pledge

Yes! Our organization pledges to carry free period products in our restrooms or community spaces to support menstruators and promote period dignity.

Organization/Business Name:

Primary Contact Name & Title:

Phone Number: _____

Email Address: _____

Mailing Address (to send sticker):

- ☐ We already provide free period products
☐ We will begin offering products during Menstruation Health Week
☐ We'd like more info or help sourcing supplies

Return completed pledge forms to:
Beltrami County Historical Society

Attn: Emily Thabes

PO Box 1309

Bemidji, MN 56619-1039

 ethabes@beltramihistory.org

Need help getting started?

We can connect you to best practices!

