

Minister of Health



Ministre de la Santé

Ottawa, Canada K1A 0K9

### **Ministerial welcome message for International Self-Care Day – July 24 2016**

Today, I am pleased to offer greetings to all of you and mark International Self-Care Day.

Self-care is something we all do every day for ourselves and our families, often without really thinking about it. We do it when we make healthy lifestyle choices, from preparing and sharing nutritious meals together, to going for an evening walk, or taking time to get enough rest.

Sometimes, self-care also involves the use of products to maintain or improve our health. For Canadians, this involves a wide range of non-prescription medications, natural health products and cosmetics. The vast majority of us use one or more of these regularly.

Canadians are fortunate to have access to a great number and diversity of self-care products on store shelves. Health Canada supports this diversity of choice of helping to ensure that the self-care products Canadians have access to are safe and high quality, and include important information to help guide appropriate use.

We look to industry, health professional and consumer associations as key partners. We continuously engage our partners and Canadians in conversations aimed at developing safe, flexible and consistent oversight of self-care products. I invite you all to participate in our discussions. Your views are invaluable.

On behalf of the Government of Canada, I wish you a successful and informative International Self-Care Day.

Sincerely,

A handwritten signature in blue ink that reads "Jane Philpott".

The Honourable Jane Philpott