



HEART

Empowering the People of Africa to Survive and *to Thrive Beyond* the HIV/AIDS Pandemic

World
Menstrual
Hygiene
Day
May 28, 2020



**\$7 Keeps
a Girl in School**

Greetings!

When you see young girls happy, healthy and thriving, doesn't it warm your heart? It sure does mine! Especially when they can stay in school and finish their education without cruel disruption. Tragically, that disruption happens all too often in Kenya because of a girl's monthly cycle!

I've heard so many sad stories about adolescent girls--young ladies—who have been shamed in classrooms and quit attending school, rather than endure embarrassment that is easily remedied with adequate protection. What a tragedy when the dreams of young girls are painfully crushed.



Freedom for Girls (FFG) was established in 2006 to address this problem and since 2009 **Lydia Njoroge** has successfully overseen the distribution of over **256,000** sanitary hygiene kits. Lydia is one of HEART's first Project Staff Managers overseeing FFG and also Communication and Events. Please watch **Lydia** speak about her passion for educating adolescent girls by **clicking here or on her photo.**

HEART observes Global Menstrual Hygiene Day on May 28th. That's when many nonprofit, government, private sector entities, as well as media and individuals worldwide, unite to advocate for good menstrual hygiene management (MHM). For more information about the Freedom for Girls program **Continue Reading here.**

Thank you for your partnership with HEART.



Jerry Kitchel
Partner Relations

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MPESA

If you're donating through Mpesa, the cost per kit is \$650 KSH. Thank you.

*-Paybill # 982800
-Acc #: 2000062061*



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