

February 5, 2015

Dear friends,

Please accept our sincerest thanks for your financial support and well-wishes for enhancing menstrual health for women in Kaberamaido, Uganda. The women, both young and old, were very hungry for the teaching and supplies they received. Below is a little more information about the work done this year in Uganda.

- Offered support to the female mentor of the children who started using a menstrual cup after the January 2014 visit and who LOVES it!!!
- Taught 45 adult women about internal female anatomy, menstrual cycles, natural family planning, and reusable menstrual cups
- Distributed 41 reusable menstrual cups to mothers and female caretakers of the children
- Taught 32 teens (age 14 and up) about internal female anatomy, menstrual cycles, natural family planning, and reusable menstrual cups
- Distributed 23 reusable menstrual cups to the teens who wanted to try them, and gave 1 cup to their female mentor for anyone who may become interested over the next few months
- Discussed healthy and safe relationships with 21 teenage girls in a small group format
- Provided examples and discussed strategy for creating reusable cloth menstrual pads for the women and teens to use as well as to sell as a source of income
- Provided brief health screening exams for 118 children

Your support for the menstrual health education project has directly reached 67 women in Kaberamaido, and goes so far to help empower these women! We are so very thankful for your interest, contribution, and support.

If you have interest in supporting these efforts further, there will be future opportunities. The next trip with a medical focus is scheduled for January 2016. Let us know if you are interested in traveling to Uganda in 2016!!!

Sincerely,


Elizabeth Clark & Terri Nordin

