

# ♀ I ♥ my Life ♀

Meeting for African and Caribbean Women  
Saturday, 19 October 2024 in Amsterdam from 11AM - 7PM

Do you:

- like to meet more women in the same situation?
- want to learn more about your situation?



**You are not alone!**  
**There are more women like you...**



**Come and join the Shiva - Family!**

**When? 19 October 2024**

**Where? De Binnenwaai - Kerk op IJburg in Amsterdam**

Listen to the stories of strong women with HIV  
Workshops e.g.: 1. Menopause; 2. Saving energy; 3. Manicure and  
4. Soul Sisters;  
Dance together  
Encourage each other



We will talk, laugh and eat together



Only HIV-positive women are welcome. This guarantees a **100% safe environment**



**COSTS:** The day is **100% for free**. Travel costs are refunded

Lunch & diner are included and also for free. **Vegetarian and halal** options available

**CHILDREN** are also welcome. There is a nice program for them

**LANGUAGE:** English, Dutch and French

**ADDRESS:** De Binnenwaai - Kerk op IJburg, Ed Pelsterpark 2, Amsterdam

From railway station Amsterdam Centraal to De Binnenwaai, take **tram 26** (direction IJburg), get off at stop Diemerparklaan.

We hope to see you on **19 October** in Amsterdam!

The Shiva-Team: Everdien Hagen, Liako Lekhooa, Anicetas Tangi and Inga Mielitz

Also very interesting for  
women who attend  
I Love My Life  
frequently!



With brand new  
workshops!

**REGISTRATION:** Fill in the form and return it to  
Stichting Shiva, Eerste Helmersstraat 17, 1054 CX Amsterdam or via [info@shiva-positief.nl](mailto:info@shiva-positief.nl)  
You can also call us: **020 - 6 160 460** or **06 - 43 7787 13**. Or ask your consultant



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## REGISTRATION FORM

### 1. Address

Name:

Street:

Code/place:

Telephone:

E-mail:

### 2. My HIV-consulent is:

### 3. Languages

- I speak English
- Je parle Français
- Ik spreek Nederlands

### 4. Food

- I do not eat pork
- I do not eat meat
- I have a medical diet / allergy:

### 5. Transportation

- I have a reduction for the train (kortingskaart)
- I do not have a reduction for the train (no kortingskaart)

### 6. Children:

- I intend to bring a child / children. Name(s) + age:

### 7. Please return this registration to:

Stichting Shiva, Eerste Helmersstraat 17, 1054 CX Amsterdam, or to [info@shiva-positief.nl](mailto:info@shiva-positief.nl)