

♀ I ♥ my Life ♀

Meeting for African and Caribbean Women
Saturday, 30 November 2024 in Arnhem 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? 30 November 2024

Where? Rijnstate Hospital in Arnhem

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: **Rijnstate Arnhem Ziekenhuis**, Wagnerlaan 55, Arnhem
From railway station Arnhem Centraal to the Rijnstate Hospital, take **bus 3** (direction Burgers Zoo) or **bus 8** (direction Velp-Zuid)

We hope to see you on **30 November** in Arnhem!

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
You can also call us: **020 - 6 160 460** or **06 - 43 7787 13**. Or **ask your consulent**



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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:

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