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**ANWOJUE HOPE  
FOUNDATION**

# NEWSLETTER



## TRENDING THIS MONTH:

- Menstrual health awareness month; Let's Break the Stigma!
- Menstrual Hygiene Day; celebrating and advocating
- AHF STARS at TWO; catching them young
- The STAR GIRL challenge



## IT'S MENSTRUAL HEALTH AWARENESS MONTH! LET'S BREAK THE STIGMA!

May is Menstrual Health Awareness Month, a time to celebrate menstruation as a natural and healthy part of life for many people. But for far too long, periods have been shrouded in secrecy and shame. This month, we aim to break the silence and create open conversations about menstrual health!

## WHY IS MENSTRUAL HEALTH AWARENESS IMPORTANT?

Millions of people who menstruate face challenges every month:

- Period poverty: Lack of access to safe and sanitary menstrual products.
- Stigma: Shame and embarrassment surrounding menstruation.
- Misinformation: Lack of knowledge about menstrual health can lead to anxiety and discomfort.
- Limited access to education and resources: Many people don't have access to accurate information about menstrual health.

Stay tuned for more information! Together, we can create a world where menstruation is no longer a barrier to health, education, and opportunity



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