

# BRAIDS FOR AIDS

Hair braiding is very common and popular for both men and women in the African and Caribbean Communities in Canada and around the World. Braiding is an art that takes time and patience but is usually accompanied with chat and a few breaks.



Through Braids for AIDS, volunteers are able to educate the community about HIV/ AIDS as individuals get their hair braided.



**Donate a DOLLAR: Receive a braid with 1 RED bead, in SUPPORT of HIV/ AIDS Prevention in the African and Caribbean Communities**

For more information, contact Stachen Frederick at [sfrederi@swchc.on.ca](mailto:sfrederi@swchc.on.ca) or 613 238 8210 ext 2246



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