

*let's help these*  
**LADIES**  
*out of a tough*  
**SPOT**

Many women and adolescent girls are living in shelters, on the street, or in subsidized housing without access to female-specific essentials. The mental and emotional toll, not to mention the physical discomfort, is not difficult to imagine; it is humiliating and demoralizing. It affects a woman's ability to find and keep employment and many girls will drop out of school once they start menstruating to avoid embarrassment.

#### **HOW TO HELP**

**DONATE** - Go to [www.sistersupply.org](http://www.sistersupply.org) to make a tax-deductible donation or mail a check to 5530 Shady Grove Rd., Memphis, TN 38120.

**SHARE** - Spread the word and send the link above to your friends.

**CONNECT** - We are seeking product donations from manufacturers and distributors to stock our shelves. If you, or someone you know, is in a position to donate products please contact Eli Cloud at 901.871.3713 or [eli.cloud@gmail.com](mailto:eli.cloud@gmail.com)

**COLLECT** - Hold a product drive at your workplace, home, church, etc. to collect boxes of tampons, pads, incontinence garments and packages of underwear. To make delivery or pick-up arrangements, contact Nikii Richey at 901.484.6154 or [nikiirichey@gmail.com](mailto:nikiirichey@gmail.com)

**SISTER**  
*supply*

Necessities, not luxuries.