



IN SERVICE TO GIRLS IN NEED IN EAST AFRICA

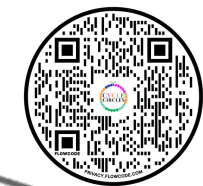


-HOW TO MAKE A CYCLE CIRCLE-

1. TIE A (TEMPORARY) LOOSE KNOT AT ONE END OF THE ELASTIC CORD SO BEADS DO NOT FALL OFF AS YOU STRING THEM. STRING 28 BEADS ON THE CORD IN THIS ORDER: 5 HOT PINK ●●●●● 4 ORANGE ●●●● 3 TEAL ●●● 5 GREEN ●●●●● 3 TEAL ●●● 5 ORANGE ●●●●● 3 BLUE ●●●

2. WITH ALL THE BEADS IN ORDER, UNTIE THE TEMPORARY KNOT AND FIRMLY TIE THE CORD ENDS TOGETHER WITH ONE(!) SINGLE KNOT TO COMPLETE THE CIRCLE. DO NOT "DOUBLE KNOT" AND PLEASE KEEP THE STRAND TIGHT: BEADS SHOULD NOT FEEL LOOSE ON THE STRING!

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TO MAKE
VIDEO



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LEARN MORE ABOUT CYCLE CIRCLES
AND THE PERIOD DIGNITY EFFORTS OF
THE NON-PROFIT FOOT FORWARD
FUND HERE:

WWW.FOOTFORWARDFUND.ORG

CYCLE CIRCLES – OR CCS – ARE
BEADED BRACELETS FEATURING
FIVE BOLD COLORS. CC'S HELP YOUNG
WOMEN STARTING THEIR PERIODS
GROW IN CONFIDENCE BY USING THE
28 CC BEADS ON THEIR BRACELET TO
HELP TRACK THE DAYS OF THEIR CYCLES.

YOU - YOUR FRIENDS, YOUR FAMILY, AND MORE! - CAN MAKE THIS
VALUABLE TEACHING TOOL FOR MENSTRUAL HYGIENE EQUITY IN
YOUR OWN COMMUNITY AND FAR BEYOND!



@HERBESTFOOT



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