



Love Your Menses

Flowing through life, unapologetically!



Menstrual Wellness Retreat Nairobi, Kenya

**SPONSORSHIP
PACKAGE**

www.loveyourmenses.com/wellnessretreat



Who We Are

Love Your Menses, Inc was founded in Boston, MA in 2019 in response to the growing menstrual wellness needs of girls and women. As a 501(c)(3) nonprofit organization, we promote menstrual equity through education, resource connection, and mentorship.

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rough life, unapologetic



Purpose & Mission

Kenya 2023

The purpose of this wellness retreat is to promote menstrual equity through open dialogue and programming amongst Black and Brown girls.

Menstruation is a public health issue that ultimately affects 1.8 billion people across the world. With such a large number of women and girls that menstruate, our work is crucial in combating this domestic, and global issue.

While in Nairobi, LYM will aim to demystify topics surrounding menstruation, while providing evidence-based menstrual health education to encourage conversation around menstrual wellness between Kenyan and American girls, allowing for a meaningful cultural exchange.





Attendees

A select number of Boston, Hartford, and DMV area girls ages 13-15 and their mothers/female guardians will be able to join us as we participate in wellness and cultural activities in Kenya.

LYM will aim to create a cultural exchange experience for the girls and mothers/female guardians as they will have an opportunity to build relationships with our fellow sisters in Kenya, and participate in open and meaningful dialogue surrounding all things menstruation.

Your Investment

Cost breakdown per person (7 days/6 nights)

Flight – \$1,400

Food – \$300

Lodging – \$450

Transportation – \$180

Activities – \$120

Swag Items – \$50

\$2,500

Make a Contribution

Testimonials

Feedback from our 2022 Menstrual Awareness and Wellness Workshop attendees

"I am happy that I got a chance to finally expand my knowledge on menses...to our facilitators and teachers of today, I want to thank you all."

"I am grateful for the knowledge you have passed onto me. I will not only mentor my girls on the dignity pack, but I will also make sure that they have the proper education on the menstruation to go hand in hand with utility of the pack."

"I learned a lot about the menstrual phases, I thought I was a menstrual champion until today's session."

"Thanks for educating us on our menses, treating us with food, and gifts... I know it's my duty to take it back to my community."

"I learned about period panties, which I never knew of before...I'd love to one day be able to help a girl with getting pads so that she does not have to miss school."

"Kudos to you all...I cannot wait to start spreading the gospel of how to Love Your Menses."

Listen to Esther's Story



Invest in our Youth by Becoming a Sponsor

Available Sponsorships

Menstrual Champion - Diamond

Make a donation of \$10,000-\$25,000 to help support program-related expenses (i.e lodging, food, transportation) for this retreat and future retreats. Your investment will help create opportunities for girls to expand their knowledge of health and menstruation, strengthen their relationships with their mothers, experience different cultures, and build life skills.

**Donate via PayPal
or send a check directly to:
591 Walk Hill Street Boston, MA 02126**



Invest in our Youth by Becoming a Sponsor

Available Sponsorships

Youth + Parent Advocate - Gold

Sponsor 1 youth for \$2500

Sponsor 1 youth and 1 mom/female guardian for \$5000

Donate via PayPal

or send a check directly to:

591 Walk Hill Street Boston, MA 02126



Program Sponsor - Silver

Make a donation of \$500-\$1,500 to help support our program expenses (i.e lodging, food, transportation) to help offset the out-of-pocket expense for participants.

Donate via PayPal

or send a check directly to:

591 Walk Hill Street Boston, MA 02126



Make a Contribution

Invest in our Youth by Becoming a Sponsor

Available Sponsorships

LYM Supporter - Bronze

Make a donation of **\$any amount** to help with program expenses.

Donate via PayPal
or send a check directly to:
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In-Kind Sponsorship

For individuals and businesses interested in donating hygiene, menstrual, and educational products to support our partner schools and community-based organizations in Kenya.

Please email Fatoumata Konate:
fkonate@loveyourmenses.com

Make a Contribution

Menstrual Wellness Retreat Sponsorship Package

www.loveyourmenses.com

Sponsorship Tiers *3 Levels of Allyship*

Level 1
Bronze

Level 2
Silver

Level 3
Gold

***Name mentioned on
retreat program
materials.***



***Social media post
with thank you
message from a
LYM youth
ambassador***



***Logo placed on
program printed
and digital banners***



***Receive a special
menstrual wellness
gift basket***



***Mentioned during
our retreat
welcoming and
closing remarks***

