

Menstrual Wellness Retreat Nairobi, Kenya

SPONSORSHIP PACKAGE

www.loveyourmenses.com/wellnessretreat

Menstrual Wellness Retreat Sponsorship Package

www.loveyourmenses.com





<u>Purpose & Mission</u>

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.



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

<u>Menstrual Champion - Diamond</u>

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 - Cold

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



<u>Program Sponsor - Silver</u>

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: 591 Walk Hill Street Boston, MA 02126

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

Sponsorship Tiers 3 Levels of Allyship

Level 1 Bronze

Level 2 Silver

Level 3 Gold

Name mentioned on retreat program materials.







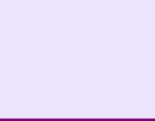
Social media post with thank you message from a LYM youth ambassador







Logo placed on program printed and digital banners

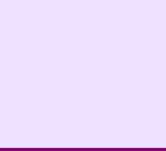






Receive a special menstrual wellness gift basket







Mentioned during our retreat welcoming and closing remarks



