

Menstruation
Health Hygiene
**THE DAYS.
PERIOD**

About Us:

Our focus is on women and girls' menstruation health hygiene, by identifying those in need and supplying sanitary products national wide.



Our mission:

To end period stigma, end period poverty and to promote menstruation hygiene.



Address

Mbezi Beach, Dar Es salaam
TANZANIA



Contacts:

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Follow Us:

@the_days_period



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THE DAYS

MENSTRUATION HEALTH
HYGIENE

THE DAYS. PERIOD

Our Equation:

Is every woman able to afford and timely access sanitary pads during her days?

Our Services:

Focus on women and girls' menstrual health hygiene, by distributing free period products to those underserved communities, via strategy mapping on regions in Tanzania.

WHY_ THE DAYS?

MENSTRUATION IS NOT
A PROBLEM,
POOR MENSTRUAL
HYGIENE IS.

-Anurag Chauhan



PERIOD
IS LUXURY.
NOT A

HOW CAN YOU HELP?

JOIN US:

1. By donating sanitary products (any brand or type will be accepted)
2. By making a monetary donation, and we will buy the sanitary products .
VODACOM LIPA NAMBA: **54258035**
NAME: **NAISHORUN LAISER**
3. Share this flier with your family, friends and colleagues and encourage them to donate.