



## *A Story of Hope*



Feminine hygiene challenges interfere with young women's education in Kenya. Thanks to gifts like yours, FH staff provide resources for these teenagers, boosting their confidence and improving school attendance. This results in better education outcomes for girls. FH also helps older girls mentor young classmates with no role models to help, such as Kame, who is an orphan in Kenya.



**A LIFE-CHANGING GIFT**  
has been given  
**IN YOUR HONOR**

Everyone deserves to be healthy and strong. With this gift, you will empower women and girls through improved sanitation and hygiene training, livelihood training, and by providing needed equipment.