

ABOUT NINE CIRCLES

With expertise in the care and treatment of HIV, Hepatitis C and other sexually transmitted infections, Nine Circles delivers comprehensive primary care, social support, education and prevention services – creating healthier communities for Manitobans. Learn more at www.ninecircles.ca.

ABOUT HIV

HIV doesn't discriminate and you can have HIV without knowing it, which is why it's important to get tested as part of your routine medical care. There is no cure for HIV, but with proper care and treatment, most people with HIV can stay healthy for a long time.

Proper treatment works to lower the viral load of a person living with HIV to a level where the virus is not detectable in their blood stream. At that point, the person poses no risk of transmitting the virus through sexual contact, a concept known as U=U or Undetectable=Untransmissible.

WHAT DO MY DONATIONS GO TOWARDS?

Sometimes, people need extra help to live well with HIV, and reach or maintain an undetectable viral load. This is where Nine Circles' programming comes in. Your support of the Red Ribbon Walk & Run helps people living with HIV thrive by supporting services beyond basic medical care. Donations support programs that promote wellness, social connection, food security, economic participation, and health equity, as well as projects that fight stigma and discrimination in our community. With your support, we can continue to improve upon our programs and ensure people living with HIV can confidently access the supports they need.

Want to learn more about where your donations go? Send us a message or check out our website and social media pages.

GET SOCIAL!

Don't forget to share our cause and take lots of pictures at the event. Post them on social media, tag [@ninecircleschc](https://twitter.com/ninecircleschc), and hashtag [#RedRibbonWalkRun](https://twitter.com/RedRibbonWalkRun). Check out our social media pages for more information.

Facebook: Nine Circles Community Health Centre
Twitter & Instagram: @ninecircleschc
www.ninecircles.ca

YOUR GUIDE



SEPTEMBER 22, 2019

Presented by Nine Circles Community Health Centre

THE DETAILS

On Sunday, September 22, 2019, join **Nine Circles Community Health Centre** for the **Red Ribbon Walk & Run**, an event that brings the community together in the fight against HIV stigma and raises money for programs and services that help people living with HIV thrive. The event features activities in Vimy Ridge Memorial Park, and your choice of a 2km walk, or a 5km run.

"Being diagnosed at 23 years old, I felt a great deal of fear and shame and I isolated myself because of the stigmas attached to HIV. The support, information and treatment I got from Nine Circles helped me in all aspects of my well-being and donations through events like the Red Ribbon Walk & Run ensured those resources were available for me." -Marco, Nine Circles client

Help ensure HIV will not prevent anyone from living a full and meaningful life: [register & donate today!](#)

<u>WHEN:</u>	Sunday, September 22, 2019 9:30am-1pm
<u>WHERE:</u>	Vimy Ridge Memorial Park, Winnipeg, Manitoba
<u>WHAT:</u>	2 KM Walk 5 KM Run Activities
<u>WHY:</u>	Raising awareness decreases stigma, while fundraising supports programs and services related to HIV in Manitoba.
<u>ITINERARY:</u>	
	9:30am Registration opens
	10:30am Greetings & Opening Ceremonies
	11:00am Walk & Run commences
	11:30am Post-Walk festivities

HOW TO PARTICIPATE

1. REGISTER

Go to www.ninecircles.ca/redribbon to sign up for the event--- just click the "register" button, which will link you to a fundraising platform run by Canada Helps. All participants should register, whether you're walking, running or just hanging out in the park. Registering will set you up with a Canada Helps account, which will give you access to fundraising tools.

Once on the website, you have the option to sign up as an individual or with a team. If you're going the team route, your team captain will have to sign up first to establish your team. Then, you can easily search for a person or team to join them. Already signed up as an individual, but now you want to be on a team? Email us at redribbon@ninecircles.ca and we'll take care of that for you.

After making your account and signing up as a team or as an individual, you will have four registration options:

- Runner (with shirt) - \$35
- Walker (with shirt) - \$20
- Walker (no shirt) - FREE
- Attending Only (no shirt) - FREE

For more info on registration, check out the FAQs on www.ninecircles.ca/redribbon

2. FUNDRAISING

As part of the registration process, you'll set up a personal fundraising page that you can use to encourage people to donate to your efforts. Give your page a title, add a photo and set a personal or team fundraising goal. The goal for the event is **\$30,000** so every little bit helps! Then, ask everyone you know for support, or get creative and come up with some fun ways to raise money like a bake sale, BBQ, or host a game night. Don't forget to donate to yourself!

It's easiest to donate online, but people can also give you donations directly. To add in-person donations to your online fundraising total, sign-in to your account, go to "edit my page," click the donations tab and then click "add offline donation." Offline/in-person donations can be turned in at the event.

3. RAISE AWARENESS

Stigma is incredibly harmful to people living with HIV and part of the goal of this event is to end HIV stigma. A contributing factor is that there is a lot of misinformation out there about HIV. The first step to raising awareness is educating yourself, so you can share what you've learned with others. Learn more about HIV by checking out the resources at CATIE.ca or by visiting Nine Circles' website and social media platforms.

4. WALK/RUN

Once you arrive at the event, be sure to check in at the registration tent so we can get you ready for the walk/run. You will be able to pick up your shirt if you have purchased one, get a grab bag and turn in any donations. Then you'll be able to check out booths and activities in the park before the event officially kicks off.

The walk will take approximately 30 minutes while the time required for the run is variable depending on your pace. As this is a fun run, there won't be a timer available, so if knowing your time interests you, we encourage you to time yourself. If you are planning to run, we also advise training to prevent injury.

Dress for the weather as the event will happen rain or shine. A comfy pair of shoes is a must and bring some water. Free parking is available on the streets around the park.