



Key Achievements of the Toronto People With AIDS Foundation

- Largest direct support service provided for people living with HIV/AIDS (PHA) in Canada.
- 1st agency to offer financial assistance to augment medical and supplementary therapies costs in Toronto.
- 1st agency to offer short-term compassionate access to HIV treatments in Canada.
- Founding partner of the only free, PHA Naturopathic Clinic in North America.
- Lead agency in the only PHA designated meal delivery program in Toronto.
- 1st agency to develop Positive Prevention sexual health resources.
- Only agency in Toronto to offer a PHA designated food bank.
- Only agency in Toronto to offer a suite of PHA designated health promotion programs.
- 1st agency to offer financial assistance specifically to HIV positive seniors.

TORONTO PEOPLE WITH AIDS FOUNDATION'S



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How Your Contribution supports people living with HIV/AIDS (PHA)

- \$30 provides a holiday hamper to a PHA struggling during the holiday season.
- \$35 provides one week of prepared meals delivered through the Food for Life program.
- \$45 buys a two month supply of glutamine to help reduce wasting.
- \$50 covers one month supply of naturopathic medicine.
- \$150 supports necessary living expenses while making the transition to disability benefits.
- \$200 assists an HIV positive senior with access to dental and optical benefits.
- \$240 covers childcare costs for 6 individuals to attend a Treatment Workshop.
- \$400 supports a person's access to supplementary therapies throughout the year.
- \$500 covers the cost of a food hamper to help 14 individuals eat properly.

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Reasons to Participate in the Friends for Life Bike Rally

- 1) Someone I love is HIV positive.
- 2) I lost someone to HIV.
- 3) Someone living with HIV cannot afford the food they need.
- 4) Someone living with HIV deserves affordable access to medications.
- 5) Someone living with HIV inspires me.
- 6) Someone living with HIV is in my community.
- 7) As someone living with HIV, I will not let HIV control my dreams.
- 8) Someone living with HIV is afraid to tell (you?), their family and friends.
- 9) We are all someone affected by HIV.
- 10) Someone living with HIV needs support.

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