



eBlast Update

Wednesday, May 28, 2008

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10th Annual Friends for Life Bike Rally

On July 27th, 2008 the 10th Annual Friends For Life Bike Rally will hit the road! Our goal is to raise much needed funds for the Toronto People With AIDS Foundation. For six days, over 350 cyclists will ride more than 600km from Toronto to Montreal, while our crew of dedicated volunteers will provide support along the way. **Register. Donate. Learn.** Please visit www.bikerally.org.

As long as there's a reason... there's a ride.

THE TORONTO PEOPLE WITH AIDS FOUNDATION

PRESENTED BY **Scotiabank Group**

FROM TORONTO TO MONTREAL
JUL 27 - AUG 1, 2008

QUEBEC

REGISTER TODAY!
10th Year
Visit us online for new ride options!

As long as there's a reason... there's a ride.

Register. Donate. Learn.
www.bikerally.org
416-506-8606 ext 631

LIMITED SPACE STILL AVAILABLE!

1000001 11/03/08 11:00 AM 11/03/08 11:00 AM

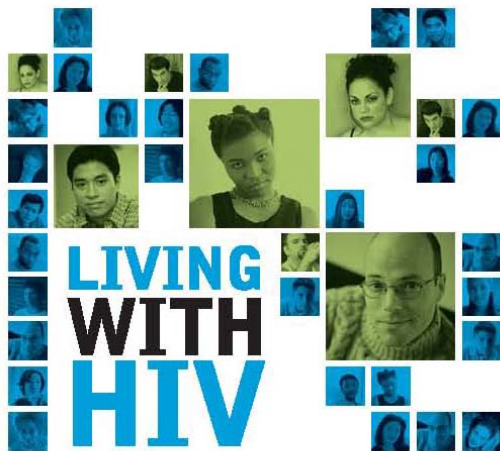
BIKE RALLY MAJOR SPONSORS

AGENCY PARTNERS

MEDIA PARTNERS

design: www.bikerally.com

2008 Information Sessions



GETTING STARTED

Getting Started

This learning workshop is for people living with HIV, especially those recently diagnosed HIV+, who have:

- not yet started antiretroviral therapy; or
- recently started antiretroviral therapy and want to know more; or
- discontinued therapy in the past and are considering restarting.

Topics to be covered:

- Thinking about starting/re-starting drug therapy?
- Want to learn more about HIV and how it could affect you?
- Want to understand more about your blood work?
- Wondering when, why and how to start treatment?
- Looking for treatment options and ways to access them?
- Worried about side effects? Drug interactions?
- Interested in keys to successful treatment?
- Looking for a smooth adjustment to life with HIV meds?

Learning to Take Charge

- Small group workshops in a confidential environment for people living with HIV
- Up-to-date information on HIV meds in easy to understand language
- Presented by Dr. David Fletcher and colleagues in collaboration with the Toronto People With AIDS Foundation
- Lunch and snack breaks included.



- These HIV treatment education workshops have been developed and are presented, in easy to understand language, by Dr. David Fletcher of the Maple Leaf Medical Clinic and colleagues, in consultation with the Toronto People With AIDS Foundation and persons living with HIV/AIDS.
- Educate yourself about HIV in a confidential, small group learning environment. Register early to get the date you want.
- All workshops are from 10:00 a.m. to 3:00 p.m.
- They are held at the Metro Central YMCA, 20 Grosvenor St., Toronto. Tel. (416) 975-9168. Conveniently located downtown, two blocks north of Yonge/College intersection. TTC: College subway station.
- Registration is free. Lunch and snack breaks included.
- Reimbursement for childcare is available on request.
- Take-home materials are provided, including a printed copy of workshop content.

Call **(416) 506-1400 ext. 620** to register.

2008 dates available:

- Friday, June 6
- Friday, October 31

Please enquire if additional dates have been added.

Supported by an unrestricted educational grant from:



Join us at SPIN


THE FRIENDS FOR LIFE BIKE RALLY
AND HONOURARY CHAIR
BARBARA HALL INVITE YOU TO:

SPIN

PRESENTED BY:
MOVADO
the art of design

A FUNDRAISER IN CELEBRATION OF
10 YEARS
OF THE
FRIENDS FOR LIFE BIKE RALLY

HOSTED BY THE OUTRAGEOUS
MAGGIE CASSELLA



THE MOD CLUB
722 College Street West
Thursday, June 5, 2008 at 7pm

TICKETS ONLY \$30 INCLUDES FABULOUS FOOD,
GREAT ENTERTAINMENT, SILENT AUCTION,
\$1000'S IN DOOR PRIZES AND GREAT SURPRISES!
COMPLIMENTARY BEVERAGE

Join us as we celebrate this milestone.
See old friends, meet new people at SPIN!

Tickets available at www.bikerally.org
All proceeds support the Toronto People
With AIDS Foundation and the 10th
Annual Friends For Life Bike Rally

IN SUPPORT OF

toronto
PEOPLE WITH AIDS
foundation



CORPORATE PARTNER:



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What is Therapeutic Touch?

As part of the Health Promotion programs at PWA, Therapeutic Touch is one of the massage programs we offer. Therapeutic Touch is wildly misunderstood and therefore many false assumptions are formed. We would like to provide you with a clear overview of this very beneficial therapy. With Therapeutic Touch, there is light touching on the knees, tops of foot and tops of hands. Clients are completely clothed and sessions last approximately 20 minutes.

Basic Assumptions:

A human being is an energy **“field”**. This **“field”** permeates space and becomes more concentrated within and around living organisms.

In a state of health energy flows freely in through and out of the field in an organized, balanced manner.

In a state of Dis-ease or injury the field is: obstructed, disturbed, disordered and depleted.

Healing is an intrinsic movement toward order within living organisms, this ability to heal, to restore wholeness, is an innate capacity or tendency in all living things.

Our intent in Therapeutic Touch is to restore order in the field, and to change the energy in the direction of wholeness and health. We assist nature to re-establish order. Our intent and nature's is the same!

Clients of PWA can book a Therapeutic Touch session through Kevin Borden, Programs Coordinator at 416-506-8606 ext. 633 or by email at kborden@pwatoronto.org.

Pie In The Sky – with your help the sky is the limit!

Want to be part of an exciting event that raises money for PWA?

Pie in the Sky is looking for committee members and “pie peddlers” to help mount this fundraiser that sells pies in the weeks leading up to Thanksgiving. But, we are looking for people right now.

We need committee members to:

- Identify and approach chefs to bake pies
- Market and publicize the event
- Identify and approach potential sponsors
- Identify and approach dynamic potential “pie peddlers”

If you like the thrill of promoting a great cause in a fun and delicious way, then please join us as a “pie peddler” and sell pies through your personal and professional networks. One peddler last year sold 50 pies with just one e-mail to colleagues in his office!

Incredibly, a \$35 pie sold by our pie peddlers can bring a meal to ten people with HIV/AIDS – maybe the only nutritious meal they get. And every 15 minutes of every day, PWA provides a healthy meal to a homebound man, woman or child whose long term survival depends on proper nutrition.

Please contact Stephen at sjohnson@pwatoronto.org

Helping PWA is as easy as Pie in the Sky.

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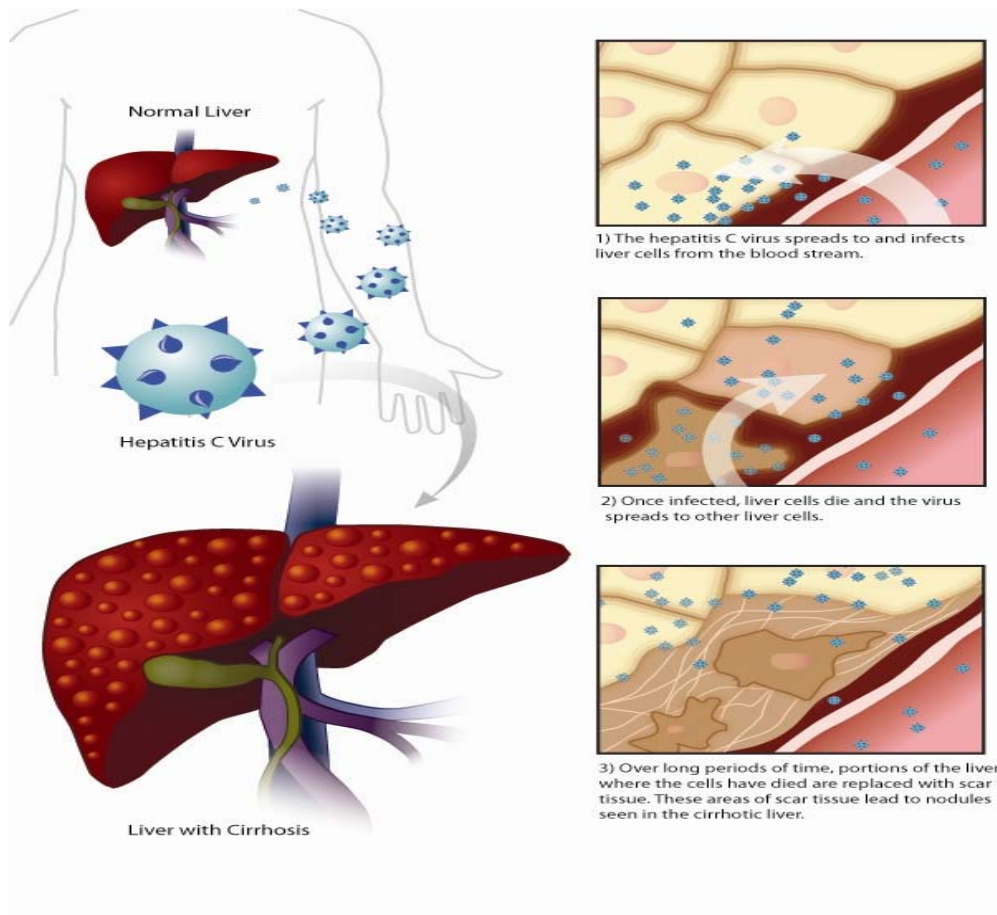
Treatment Topic of the Month

Each month, PWA provides a wide range of treatment and wellness information in the form of Treatment Topic of the Month. The Treatment Topic of the Month is a holistic treatment guide that includes information on medications/treatment, nutrition and complementary therapies. To access this information, all you need to do is click on the graphic. Keep checking back each month to see the new Treatment Topic of the Month. You can also visit our reception to see the poster version of the most current monthly topic.

Treatment Topic of the Month

Hepatitis C & HIV Co-Infection!

A Holistic Treatment Guide



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PWA Treatment Resources Program

HARM REDUCTION DROP-IN



We Offer:

- *A confidential & non-judgmental space for HIV+ substance users*
- *Learn about your drug of choice*
- *Get safer needle and crack kits*
- *Referrals to housing, ODSP and treatment info*
- *Staffed by a Harm Reduction Worker and Peers*
- *Free snacks and refreshments*
- *Tokens, childcare stipends and interpretation available upon request*

This is your group- you can design it any way you want.

Join us: The 2nd & 4th Thursdays of each month
Starting on June 12th
1-3 p.m.
Room 221 @ PWA

For more information; contact Rebecca at 416-506-1400 x627 or e-mail rgower@pwatoronto.org



The Imperial Court of Toronto (TICOT)

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www.ticot.org

The Imperial Court of Toronto was founded in 1987 with the original mandate of promoting 'Friendship, Unity and Nonsense' (F.U.N.) through holding entertaining and fundraising events.

Since its founding in 1987, under the leadership of *31 elected Monarchs*, TICOT has entertained thousands, held many successful events and raised money for a number of local charities, including Casey House, The Toronto PWA Foundation, AIDS Committee of Toronto, AIDS Tijuana, The Canadian Lesbian and Gay Archives, the Toronto Metropolitan Police (1stBikes), Sick Children's Hospital, and Gilda's Club. Each year, the elected Empress and Emperor select charities towards which fundraised dollars will be designated that year.



Her Most Imperial Sovereign Majesty, The New Look, Maple Leaf Empress, Empress XXI Bitsie Vanderbelt has chosen the Toronto People With AIDS Foundation, Food For Life meal delivery program, as the recipient of all fundraising activities for 2007/2008!

TICOT Events:

~ May 31st - Mr and Miss Trillium Pageant 2008 at George's PLAY on Church Street from 8-11pm
Theme: Babes In Toyland, hosted by H.I.H. Princess Savannah Georgia & H.I.M. Emperor XV & XVII Tom Ivison

~ June 8 & 22 – Patio Shows at Zelda's on Church Street from 6-8pm

~ June 14 – Investiture at George's PLAY on Church Street from 8-11pm

~ June 22 – Salute to Pride at George's PLAY on Church Street from 8-11pm

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PWA Annual General Meeting

~ Oct 2nd - Please join us for PWA's Annual General Meeting at Oakham House
55 Gould Street (at Church Street) from 6:30-8:30pm light refreshments will be served

Help us make a positive difference



I'd like to help people living with HIV or AIDS.

I'm making a: one time gift monthly gift

Please find enclosed my gift of:

\$50 \$35 \$20 Other: \$

I'd like to pay by: cash cheque credit card

Credit Card information: VISA M/C AMEX

Card #:

Expiry:

Signature:

First Name Last Name

Address

City Province

Postal Code Phone

email

Gifts of \$20 or more will receive a charitable tax receipt.

Toronto People With AIDS Foundation
399 Church Street, 2nd Floor, Toronto, ON M5B 2J6
Tel.: 416-506-1400 Fax: 416-506-1404 info@pwatoronto.org www.pwatoronto.org
Charitable Registration #: 13111 3151 RR0001



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