



**Be
Amazing.**

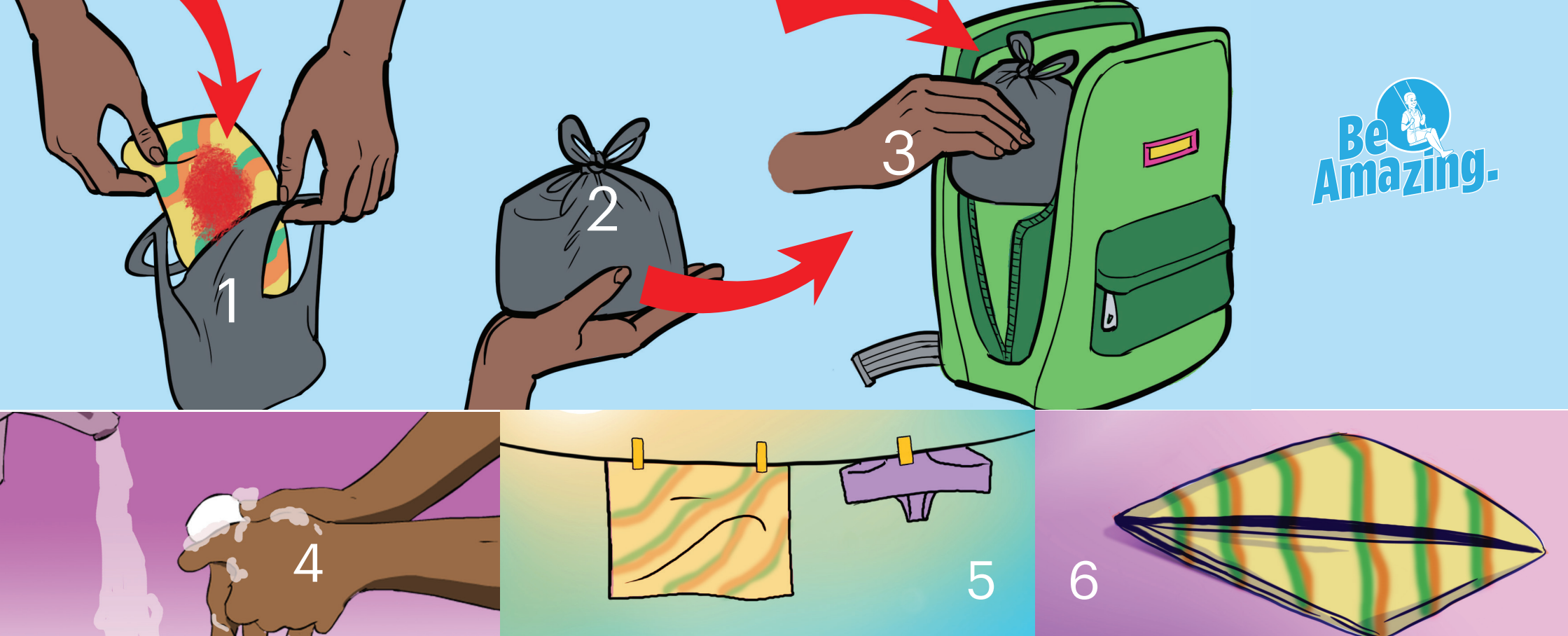
BE AMAZING. PERIOD!

**USE A DISPOSABLE SANITARY PAD
OR REUSABLE COTTON CLOTH DURING
MENSTRUATION**



BE AMAZING. PERIOD!

DISPOSE OF USED SANITARY MATERIALS PROPERLY



BE AMAZING. PERIOD!

HOW TO MANAGE RE-USABLE SANITARY MATERIALS