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**Community Thanks**

A huge thank you to the **Abrams Group** for their generous donation of the float and charming driver for PWA's Pride presence in the Parade on Sunday July 3rd.

**Abrams, we couldn't have done it without you!!!**

[Abrams Website](#)

[Got an old unused cell](#)

Hello,

**Quick question! What are you doing this Sunday July 17th at noon?**

PWA will be on Church Street North of Maitland this Sunday for the annual Tightly Whitey Car Wash organized by Steamworks in support of PWA's programs and services. Please come to get your car/bike/scooter washed, make a charitable donation and enjoy the show! Visit [PWA's official Facebook Page](#) to learn more. And if you want to see pictures post event 'LIKE' PWA and we'll send them to you.

If you are heading out of the city this weekend, drive safely.

As always, if you have any questions, suggestions or comments about PWA's monthly e-news, please contact us at [info@pwatoronto.org](mailto:info@pwatoronto.org) or at 416-506-1400 ext. 239.



**[Sunday July 17th in the alleyway beside Cafe California and Acme Burger on Church Street just North of Maitland. See you there!](#)**

**Departure - Friends For Life Bike Rally**

The following Sunday, July 24th, Toronto waves goodbye to the over 400 Riders and Crew on the Friends For Life Bike Rally as they depart for Montreal. Join us for our departure ceremonies at 8AM at Queen's Park in front of the legislature steps, facing South towards University Avenue.

Follow the Riders and Crew on their 6 day journey to Montreal (July 24th to 29th) by Liking the Friends For Life Bike Rally on their official Facebook Page or following them on Twitter (hashtag #F4LBR2011):

[Bike Rally Facebook Page](#)

[www.bikerally.org](http://www.bikerally.org)

[Twitter Page](#)

**[PWA's Food Programs](#)**

Proper nutrition is vital to long-term survival of people living with HIV/AIDS. PWA understands the importance of nutrition for people living with HIV/AIDS, especially those living on a limited budget or dealing with health challenges. To respond to client needs, PWA offers two food programs: the Essentials Market and Food for Life. In PWA's last fiscal year, almost 1000 people accessed the Essentials Market.

### phone at home?

Recycle your old unused cell phone, chargers and batteries at PWA and we can turn it into money to support people living with HIV/AIDS! An unwanted cell phone is worth up to \$75 to PWA, a charity you care about.

Bring in your old working or un-working cell phone during PWA's hours, see hours online at [www.pwatoronto.org](http://www.pwatoronto.org)

For more information, call Kristen at 416-506-1400 ext. 239.

*For more info on the company making this possible Recycle Paths!*

The PWA Essentials Market is the only food bank in Toronto that exclusively serves people living with HIV/AIDS. Clients can access the Essentials Market two times in a month. The Essentials Market offers (depending on availability) staple food items such as bread, milk, fresh produce, cereal, canned goods and baking supplies, as well as pet food.

PWA does its best to cater to special needs: we have a family box and baby items, and we're happy to accommodate special diets based on what is available.

PWA is always pleased to accept non-perishable food donations at our office reception. For PWA's office hours please visit [www.pwatoronto.org](http://www.pwatoronto.org).

### **ABOUT PWA**

**Toronto People With AIDS Foundation is the largest provider of practical direct support services for people living with HIV/AIDS in Canada.**

People living with HIV/AIDS play a crucial role in the governance and operation of the Toronto People With AIDS Foundation, but, most importantly, are its heart and soul. PWA's response to HIV/AIDS is, more than anything else, inspired by the voices and experience of people living with HIV/AIDS.

Thank you for your support and interest in Toronto People With AIDS Foundation's work.

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