


WORLD AIDS DAY



1 DECEMBER

Day	Activity	Organisation	Notes
November 30-December 4th	Free HIV testing	HSA	By appointment only (due to COVID-19 restrictions) email: laura.elniski@hsa.ky phone: 244-2507 Open to all. Free.
December 1st	<i>Light up a Life 2020</i>	 jasmine	Jasmine's annual event to remember loved ones during this holiday season. Start time: 5:30pm Registration needed. To register email: alanna@jasmine.ky For more information: www.jasmine.ky Open to all. Free.
December 1st	MEDITATION with Annikki (live session)	Blue Island Meditation and the Cayman Islands Red Cross	Location: Cayman Islands Red Cross Headquarters, Huldah Avenue, 2nd Floor What to bring: mat/thick towel * cushion * water bottle Time: <i>Arrival between:</i> 5:30-5:50pm <i>Meditation:</i> 6-6:30pm (prompt start, no late arrivals) Open to all. Free.
December 1st	MEDITATION with Annikki (live stream)	Blue Island Meditation and the Cayman Islands Red Cross	Live streaming of meditation session. For the streaming link and/or more information follow Blue Island Meditation and/or the Cayman Islands Red Cross on facebook: @blueislandmeditation @CaymanIslandsRedCross Open to all. Free.
December 3rd	HIV 101 (virtual session)	Cayman Islands Red Cross and HSA	Zoom session for those interested in learning the basic information about HIV and AIDS. Time: 6:30-7:30pm Registration required. Email: deputy@redcross.org.ky Open to all. Free.