



Fear destroys communities,
not HIV.

This week on SIYAYINQOBA BEAT IT!

I have lived openly with being HIV positive for many years, but fear and stigma causes many to hide their status and not seek help. Join me this week on Siyayinqoba Beat It! as we discuss prejudice, stigma and HIV on Thursday at 1:30 p.m. and on Friday at 5:00 a.m. on SABC1.



You can be a winner! Send a FREE Please Call Me to 072 924 2559. Then watch the show and see if you've won an incredible weekly prize. Brought to you by Cell-Life.



Protect yourself. Protect others.

www.beatit.co.za



Remember: Get tested for HIV regularly.
Starting ARVs at the right time will save your life.