

One leads to another.

This week on SIYAYINQOBA BEAT IT!

I'm a recovering alcoholic and contracted HIV. Drinking in excess often leads to riskier sexual practices, which can increase your chances of getting HIV. Substance abuse and its relationship to HIV is under the spotlight this Thursday at 1:30 p.m. and on Friday at 5:00 a.m. only on Siyayinqoba Beat It! 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.