

ARE  
YOU  
THE

DIFFERENCE?

HOPE  
FAMILY  
SMART  
CHANGE  
ALL  
CONVERSATION  
EDUCATE  
COMMUNITY  
LIVE  
END  
HIV  
HIV



Are you the one? The one who stops and says no more? The one who refuses to accept the status quo, who stands in defiance when they tell you it's impossible?

Are you the one who gives me hope? Takes my hand? Saves my life... my brother, my father, my daughter?

Are you the one who looks at tomorrow and sees only possibilities? Sees the end? A new beginning? Are you the one who stops the HIV epidemic?

Are you the difference?

**Join us** as we change the definition of impossible.

[areyouthedifference.org](http://areyouthedifference.org)

CHANGEHOPELIVE

**CARES** CENTER FOR AIDS RESEARCH, EDUCATION & SERVICES

# I AM THE DIFFERENCE.

We're bringing together the region's community leaders and biggest dreamers to do the unthinkable...**eliminate all new HIV infections in Sacramento in 5 years.**

## Advocate!

**Be the voice in your community about HIV/AIDS issues.** Help us change the perception that this disease is no longer a threat to our friends and families. We must stamp out the stigma that makes treating, educating, and dealing with HIV/AIDS so challenging.

**Become a health promoter and educate people on how to keep themselves safe.** One of our goals is to reach every young person between the ages of 14 and 24 so they know the facts about HIV/AIDS.

## Donate!

**Support testing for HIV.** We need at least 10,000 tests per year to find everyone who has HIV. Rapid HIV testing costs \$20 per test.

**Promote the campaign through public service announcements, billboards and brochures.** Sponsor a billboard or a print run of informational brochures.

**Print effective youth-themed materials about HIV.** Educational materials for 100 youth at \$25 per group.

**Mobilize AIDS Care Teams that provide practical support for people with HIV/AIDS.** Each team of 7-10 people needs \$1,500 per year to provide the needed support for someone with HIV.

**Support a cyclist in the NorCal AIDS Challenge or a participant in the Sacramento Valley AIDS Run/Walk.** Make a pledge you can afford and help these dedicated cyclists, runners and walkers reach their charitable goals in the fight against HIV/AIDS.

## Volunteer!

**Care for someone who is HIV positive.** HIV medications can cause many side effects, sometimes making it difficult to do daily tasks. Join a team in providing practical assistance for someone with HIV/AIDS.

**Drive people with HIV/AIDS to their medical appointments one day a month.** Many people don't have the stamina to take the bus or don't live on a bus route. If you signed up for one day a month, we could help people get to their doctor appointments and make sure they have the best healthcare possible.

## Be the difference.

Visit us online and make your commitment today.  
[areyouthedifference.org](http://areyouthedifference.org)