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MOTHER'S DAY WEEKEND WALK

Save the Mothers Needs YOU!

The month of May will soon be upon us. That means **Save the Mothers is seeking men and women to organize and participate in fundraising Walks in their communities.**

Each Mother's Day Weekend - and throughout the month of May - people who care about the lives of women and children in the developing world take "Steps to Deliver Change." How? They hold and participate in 5K Walks in their neighbourhoods, schools, churches and communities. They fundraise and seek sponsors. And in the process they raise awareness and support for Save the Mothers, so that we, in turn, can train leaders in East Africa to improve the chances of women and babies surviving childbirth in *their* communities.

Watch our video. Then email us by clicking on the button below for all the details.

YES! I WANT MORE INFORMATION

News from here *and there*



Now, find us on Instagram

There's an old saying that, "a picture is worth a thousand words." That seems to be the premise behind **Instagram** - a social media platform that's all about the power of pictures.

After more than 12 years on the ground in East Africa, Save the Mothers has accumulated an entire library of beautiful photos - each one with a story to tell. That's why we're excited to announce that earlier this month we joined Instagram. Find us there. Follow us. Help us spread the word.



Goodbyes and hellos

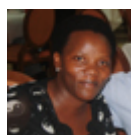
STM staff in East Africa bid farewell late last month to the Ugandan first and second year students - who returned to their workplaces after an intense few weeks of lectures, assignments, fieldtrips and exams.

The first years ended the module by getting started on their research topic ideas and planning out a timeline for their research. With only one week in between to turnaround and prepare, staff welcomed the first and second year International classes back to campus on February 5.

On *the blog*

A student writes

Upoki Bitum is a pastor and a student in the Save the Mothers Master of Public Health Leadership Program. He lives and works in the Democratic Republic of the



Small changes, big impact

This video blog features Dr. Eve Nakabembe, Director of the Save the Mothers Mother Baby Friendly Hospital Initiative. She discusses some of the harsh

Congo, and recently took what he is learning back to his home country and held a conference for other church leaders there. Read about it at the link below.

UPOKI'S BLOG

realities women and health workers face in East African maternity hospitals. Lack of clean, running water. Lack of access to necessary medicines and medical equipment.

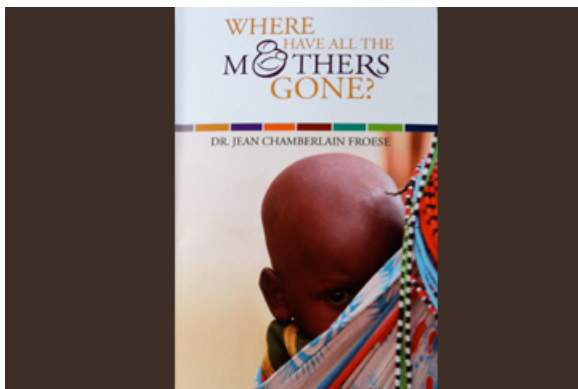


Delivering Change

After participating in Steps to Deliver Change in 2016, Patricia

Paddey blogged about her experience. "As a mother of three young adults I sought sponsors and walked because I know I am fortunate to live in a time and place when good medical care and resources were at hand to help me bring each of my children into the world."

Did you *know?*



"[Dr. Jean Chamberlain's book] 'Where Have all the Mothers Gone?' greatly inspired me in my highschool years and was influential in my decision to pursue a career aimed at improving maternal and child health globally. I'm one of probably many students, who benefitted from Dr. Chamberlain's guidance when doing my research on obstetric fistulae while in my master's program."



Deborah Mensah

Executive Director, Save the Mothers

--Save the Mothers e-Newsletter--

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