



Transgender
Wellness Summit

Resource Guide





Mental Health
Services, Training,
& Research

Peace through Process

GENDER JOURNEY PROCESS GROUP

AFFIRMING
THERAPY GROUP
FOR ADULTS AT ANY
POINT IN THEIR
JOURNEY OF
GENDER
EXPLORATION,
IDENTITY, OR
EXPRESSION

12-WEEKS

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office@mandalalouisville.com
for more information

1190 E Broadway, Louisville, KY 40204
www.mandalalouisville.com



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KENTUCKIANA PRIDE

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KENTUCKY

HEALTH AND WELLNESS

Health Insurance

Kentuckiana Regional Planning & Development Agency (KIPDA) Assister Program

Rensha Reeder – (502) 536-0195

- rensha.reeder@kipda.org
- www.kipda.org

Passport Healthcare (Table 19)

- Ashlee Workman
- (502) 212-6667
- 5100 Commerce Crossings Drive, Louisville, KY 40229
- ashlee.workman@passporthealthplan.com
- www.passporthealthplan.com

Primary Care Physicians

Dr. Eli Pendleton

- Family Medicine
- Hormone Replacement Therapy – LGBTQ Care
- www.uoflphysicians.com/1922211556-eli-pendleton
- 215 Central Ave, Suite 100, Louisville, KY 40208

Dr. Clayton Smith (*English/Spanish*)

- LGBTQ Health Care, HIV Pre-Exposure Prophylaxis (PrEP), Gender-Affirming Care for Transgender & Non-binary individuals, and Hormone Therapy.
- Internal Medicine at UofL Physicians Outpatient Center
401 E. Chestnut Street, Suite 370, Louisville, KY 40202
- (502)-588-4500

Dr. Kari J Zahorik

- Family Medicine and Hormone Replacement Therapy
- (502) 636-7444
- 2355 Poplar Level Road, Suite 200,
Louisville, KY 40217

Dr. Donna Metz-Dunn

- 4950 Norton Healthcare Boulevard, Louisville, KY 40241
- (502) 394-6200

Norton Highland Family Medicine

- Dr. Rachel Busse, Dr. Steven Roszell, & Dr. Laura Hawley
- 2470 Bardstown Road, Louisville, KY 40205
- (502) 454-9151

Dr. Terry Weiss

- Deer Park Family Doctors
- 1603 Stevens Avenue, Louisville, KY 40205
- (502) 451-5955

Nanine Henderson, D.O.

- 4010 DuPont Cir, Suite 200, Louisville, KY 40207
- (502) 893-4522

Marianne Hutti, ARNP

- 3900 Kresge Way, Suite 31, Louisville, KY 40207
- (502) 895-2489

Dr. Phil Bressoud - *UL students only*

- 215 Central Ave, Suite 110, Louisville, KY 40208
- (502) 852-6479

Joanne Brown, ARNP

- 740 South Limestone Street, Lexington, KY 40536
- (859) 323-5823

Dr. Keisa Bennett

- 2195 Harrodsburg Road, Lexington, KY 40504

Dr. Rosemarie Conigliaro

- 830 South Limestone Street, Lexington, KY 40536
- (859) 323-0303

Gynecology

Dr. Carrie Thonen

- (502) 425-7659
- www.athenahealthandwellness.com
- Hormone Replacement Therapy

Dr. S. Paige Hertweck

- 3991 Dutchmans Lane, Suite 303, Louisville, KY 40207
- (502) 629-3730

Rebecca Terry, M.D. FACOG

- Women First, 3900 Kresge Way, Louisville, KY 40207
- (502) 891-8700
- Specializing in Transgender Men's Health

Dr. Robert Hunter

- 4612 Chamberlain Lane, Louisville, KY 40241
- (502) 271-5999

Endocrinology

Dr. Lisal J. Folsom

- Pediatric Endocrinology, Adult Endocrinology, LGBTQ Health Care, Gender-Affirming Care for Transgender and Non-Binary Individuals, and Hormone Therapy
- 401 East Chestnut Street, Suite 310, Louisville, KY 40202
- (502) 588-4600

Dr. Mehdi Poorkay

- 4950 Norton Healthcare Boulevard, Suite #202, Louisville, KY 40241
- (502) 629-5400

Dr. Lisa Tannock

- 740 South Limestone Street, Lexington, KY 40536
- (859) 323-2232

Pediatrics

Dr. Christine Erin Lam Brady; Bingham Clinic

- christine.brady@louisville.edu
- (502) 588-0800
- Specialty Areas include: Pediatric Psychology & Psychiatry Consultation
- Areas of Interest include: Pediatric consultation/liaison, chronic illness coping, biofeedback, LGBTQ advocacy and services

Dr. Ellen Cowley & Dr. Leo Schwendau

- All Children's Pediatrics
- 400 Blankenbaker Parkway, Suite 200, Louisville, KY 40243
- (502) 244-6373

Dr. Michael Foster & Dr. Suzanne Kingery

- 411 E Chestnut Street, Suite F17, Louisville, KY 40202
- (502) 629-8821

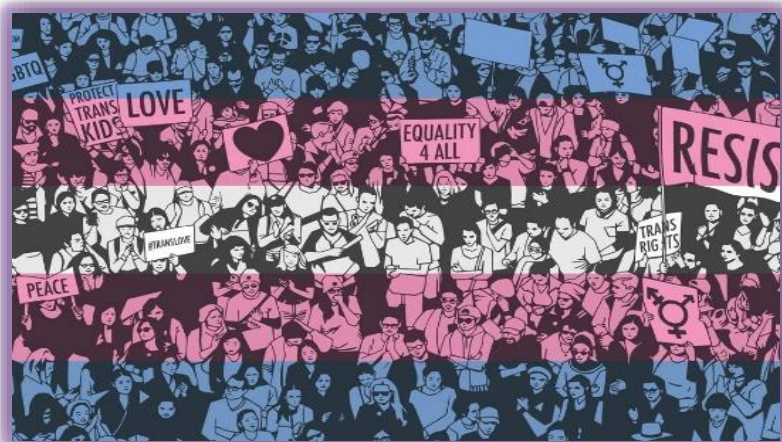
Dr. Lisal J. Folsom

- Pediatric Endocrinology, Adult Endocrinology, LGBTQ Health Care, Gender-Affirming Care for Transgender and Non-Binary individuals, and Hormone Therapy
- 401 East Chestnut Street, Suite 310, Louisville, KY 40202
- (502) 588-4600

Psychiatrist

Dr. Stephanie Hall

- 4710 Champions Trace Lane, Suite 102,
Louisville, KY 40218
- (502) 458-8933



Mental Health Professionals

Mandala House

- 1190 East Broadway, Louisville, KY 40204
- (502) 309-2408
- Ages 14+

Dr. Brigid Kleinman

- 1711 Bardstown Road, Suite 202, Louisville, KY 40205
- (502) 536-2768

Cynthia Fletcher, LCSW

- 1711 Bardstown Road, Suite 102, Louisville, KY 40205
- (502) 822-5821

Dave Harmon, LCSW

- 4010 DuPont Circle, Suite 226, Louisville, KY 40207
- (502) 896-8006

Dawn Pendleton, LMFT

- 4000 Kresge Way, Louisville, KY 40207
- (502) 377-1690

Janet Tharpe, D.Min. LMFT

- 1169 Eastern Parkway, Suite 411, Louisville, KY 40217
- (502) 324-6002

Richard Coomer, LCSW

- Park Place Psychology 1169 Eastern Parkway, Suite 411, Louisville, KY 40217
- (502) 473-7028

Martha Kinney, LCSW

- 1748 Frankfort Avenue, Louisville, KY 40206
- (502) 541-8877

Rick Purvis, Psy. D.

- East Louisville Psychology Group, 1230 South Hurstbourne Parkway, Suite 245, Louisville, KY 40222
- (502) 456-1990

Allan Bargar, MSM, M. Div.

- 841 Corporate Drive, Suite 300, Lexington, KY 40503
- (859) 296-5037

Marcia Bell, M.S., LMFT, CFLE

- 228 E Reynolds Road, Lexington, KY 40517
- (859) 273-5698

Clarity Counseling

- Dr. David Pascale-Hague
- 466 East High Street, Lexington, KY 40507
- (859) 429-1362

Gretchen Rinehart, LCSW

- 125 Chenoweth Ln, Suite 111, Louisville, KY
- (502) 876-4184

Creative Family Counseling; Lacey Ryan

- 8134 New La Grange Rd, Louisville, KY 40222
- (502) 410-2457

Michelle Robards

- www.louisvillehealth.org
- (502) 225-3025
- Serving children

Meridian Behavioral Health – Louisville

- Dr. Warren Lambert & Dr. David Charles
- www.meridianbhservices.com
- 4010 DuPont Circle, Suite 419, Louisville, KY 40207
- (502) 409-6993

Meridian Behavioral Health – Lexington

- Sean Blackburn, LCSW
- www.meridianbhservices.com
- 120 Kentucky Ave, Suite 110, Lexington, KY 40502
- (859) 309-2655

Compass Counseling; Meg Manthos, M.Ed, LPA

- www.compasscaps.com
- 7984 New LaGrange Rd, Lyndon, KY 40222
- (502) 426-2777

Coralie McEachron, CSW, LMFT

- 120 Sears Ave, Suite 205, Louisville, KY 40207
- (502) 509-2401

Michelle Stillwagon, LMFT, CST

- Serving adults
- www.michellestillwagon.org
- mstillwagon@pm.me
- (502) 721-0321

Ashley Hall

- Serving adults and teens
- 501 Washburn Ave, Louisville, KY 40222
- (502) 386-8698

Sparrow Counseling; Cassie Edinger

- 712 Washington St, Shelbyville, KY 40065
- (859) 813-4448

John Russell Stanger, LMFT (2 locations)

- 115 S Sherrin Ave, Suite 4, Louisville, KY 40207
- 157 E Main St, Lebanon, KY 40033
- www.johnrusselstanger.com
- (502) 276-8776

Bridge Counseling and Wellness

- Debra Bell & Megan McMillan
- www.bridgemindbody.com
- 540 Baxter Ave, Louisville, KY 40204
- (502) 694-9488

Lara M. West, LMHC

- www.laramwesttherapy.com
- 127 East Chestnut Street, Corydon, IN 47112
- 6000 Brownsboro Rd, Park Blvd, Suite G, Louisville, KY 40207
- (317) 956-2030

Pride Counseling *Online Only*

- Professional online counseling for the LGBTQ community
- www.pridecounseling.com

Holistic Health Approach

Yogaia Yoga

- 2720 Frankfort Ave, Above Carmichael's, Louisville, KY 40206
- info@yogaiaiyogaschool.com
- (502) 608-7735

Fierce Fitness BY Design LLC

- Holly Waldrige
- fiercefitnesspt@gmail.com
- 961 Baxter Avenue, Louisville, KY 40204

Flex Appeal

- Shawn Wallace LMT
- (502) 762-5916
- shawnwallacelmt@gmail.com

Wellness Road Massage

- Anna Collins LMT
- 1339 Hoertz Avenue, Louisville, KY 40217
- (502) 314-6373
- wellnessroad@gmail.com

Surgeons

Dr. M. Bradley Calobrace & Dr. Chet Mays

(Louisville & Lexington)

- CaloAesthetics Plastic Surgery Center
 - 2341 Lime Kiln Lane, Louisville, KY 40222
 - (502) 899-9979
- CaloSpa Rejuvenation Center
 - 824 Euclid Ave, Suite A101, Lexington, KY 40502
 - (859) 251-6455

Transform Health Clinic (University of Kentucky)

- 1000 South Limestone, Lexington, KY 40536
- (859) 257-1000

Owensboro Health Medical Group

- Dr. Benjamin Kittinger
- Plastic and reconstructive surgery
- 1000 Breckenridge St, Suite 303, Owensboro, KY 42303
- (270) 688-3200

Voice Work

Dru Pilmer

- Louisville & Indiana
- Studio appointments in Louisville and mobile services
- (812) 207-6636

JoAnna Sloggy, MA, CCC-SLP

- UK Medical Center, Lexington KY
- joannasloggy@icloud.com

Hair, Cosmetics & Body Art

Mary Kay Cosmetics

- Kim Millbranth
- (502) 718-0377
- kmillbra@yahoo.com
- jconklin711@gmail.com

The Wig Shoppe

- Candy Shade
- thewigshoppe@bellsouth.net
- (502) 412-8810
- 1253 South Hurstbourne Pkwy, Louisville, KY 40222

Synthetic Wigs | Human Hair Wigs | Sleep Caps | Personalized Service | Wig Styling & Trimming

A photograph of the interior of The Wig Shoppe. The room is well-lit with recessed ceiling lights. In the center, there are several tall, tiered metal stands displaying a variety of wigs on mannequin heads. To the right, there are white shelving units filled with more wigs. In the foreground, there are black salon chairs and a small table with a potted plant. The floor is made of polished wood. The logo for 'THE WIG SHOPPE' is overlaid in the center of the image, featuring a stylized silhouette of a woman's head and neck.

THE WIG
SHOPPE

HAIR FOR YOU
SINCE 2002



Always Electrolysis - Sydney Stowe

- 9932 Linn Station Road, Louisville, KY 40223
- (404) 304-7916 (texting preferred)

Bluegrass Electrolysis

- 160 Moore Drive, Suite 201, Lexington, KY 40503
- (859) 276-1288

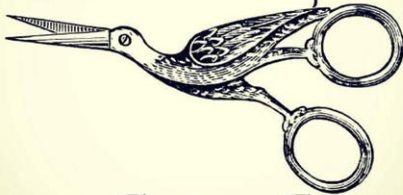
Bobby Brown Makeup

- Liz Clayton
- (502) 939-3806
- lizzbeth07@icloud.com

Focus Salon – Ryan Phillips

- 950 Baxter Avenue, Louisville, KY 40204
- (502) 585-5023
- www.focussalonthighlands.com

Wander Locks



*1515 Bardstown Road
shwendyjean@gmail.com
502-639-5849*

Wander Locks

Wendy Jean
(502) 639-5849
1515 Bardstown Road,
Louisville, KY 40204

Twisted Images - Tattoos & Piercings

- 1225 Bardstown Road, Louisville, KY 40204
- (502) 473-7400

Lealye Beuti

- Serretha Kamara
- leighlybeuti@gmail.com
- (502) 291-0077

Sephora (Located within Oxmoor Center)

- Two Senior Artists are versed in Transgender make-up styles
- One-on-one or group class sessions can be scheduled
- 7900 Shelbyville Rd, Louisville, KY 40222
- shannon.boyle@sephora.com
- (502) 326-2966 ext. 3

Community

Transwomen National

- President Lacy Dodge – lacydodgehudgins@icloud.com
- (502) 593-8055
- www.facebook.com/groups/transwomennational



Louisville Youth Group Inc. (LYG)

- 417 East Broadway, Louisville, KY 40202
- (502) 430-2016
- www.louisvilleyouthgroup.org

**Louisville
YouthGroup**

Empowering Pride

LYG is the primary LGBTQIA+ nonprofit community serving youth in Kentuckiana. We provide a safe space for gender and sexuality diverse young adults to grow their identities.

Find out more at:
louisvilleyouthgroup.org

KY Health Justice Network Trans Health Advocacy

- transhealth@khjn.org
- (502) 403-6174

Fairness Campaign

- Chris Hartman
- 2263 Frankfort Avenue, Louisville, KY 40206
- (502) 893-0788

Louisville Metro Police Department

- Officer Johnny Burgraff – Community Services Division
- 400 South First Street, Louisville, KY 40202
- (502) 574-8868

University of Louisville LGBT Center

- Blaz Bush
- blaz.bush@louisville.edu

VOICES of Kentuckiana

- Jeff Buhrman
- (502) 583-1013
- info@voicesky.org

Louisville Metro Public Health and Wellness

- 400 E Gray Street, Louisville, KY 40202
- (502) 574-6520

Volunteers of America Mid-States

- 570 South 4th Street, Louisville, KY 40202
(Main Office)
 - (502) 636-0771
- 933 Goss Avenue, Louisville, KY 40217
(HIV & Sexual Health Services)
 - (502) 635-4511

Spalding University



- Egan Leadership Center
- 901 S 4th St, Louisville, KY 40203
- (502) 585-9911

Queer Kentucky

- Spencer Jenkins
- www.queerkentucky.com



Support Groups

Trans Kentucky Support Group

- Meets the 1st Saturday of each month @ the Lexington Pride Center
- 389 Waller Ave, Suite 100, Lexington, KY 40504
- (859) 253-3233

Louisville Trans Men

- louisvilletransmen@gmail.com
- (502) 509-7576
- www.louisvilletransmen.com

Kentuckiana Transgender Support Group

- www.facebook.com/groups/kentuckianatransgendersupportgroup

Kentuckiana Transgender Partner Support Group

- www.facebook.com/groups/kentuckianatransgenderpartnersupportgroup
- Resa Sandora
- (502) 251-1555

PFLAG- Louisville

- www.pflaglouisville.org
- Support for LGBTQ parents and families

Clothing

Macy's 'My Stylist'

- Terri Cardwell
- (502) 817-1107
- terri.cardwell@macys.com
- www.macys.com/social/my-stylist

BLÖFISH Clothing Co.

- 714 East Market St, Louisville, KY 40202
- (502) 727-2007

Torrid Clothing

- St. Matthews Mall, 5000 Shelbyville Rd, Suite 1610, Louisville, KY 40207
- (502) 897-1134

Prosthetics & Body Shaping

Pure Romance by Courtney

- courtneyhpureomance@gmail.com
- www.pureromance.com

F2M Binders at Underworks

- www.f2mbinders.com
- 1-800-242-4224

Religious & Spiritual partners

Douglas Blvd. Christian Church

- 2005 Douglas Boulevard, Louisville, KY 40205
- (502) 452-2629

Crescent Hill Baptist Church

- 2800 Frankfort Ave, Louisville, KY 40206
- (502) 896-4425

Crescent Hill Presbyterian Church

- 142 Crescent Ave, Louisville, KY 40206
- (502) 893-5381

4th Avenue United Methodist Church

- 318 South Catherine St, Louisville, KY 40203
- (502) 585-2176

Daylight Church

- At Stonybrook 20 Theaters on Hurstbourne Parkway
- Sunday morning service at 10am
- www.daylightchurch.com

Highland Baptist Church

- 1101 Cherokee Rd, Louisville, KY 40204
- (502) 451-3735

First Unitarian Church

- 809 S 4th St, Louisville, KY 40203
- (502) 585-5110

Nightlife

Purrswaytions

- 2235 S Preston St, Louisville, KY 40217
- (502) 821-2126

PLAY Louisville

- 1101 East Washington Street, Louisville, KY 40206
- (502) 882-3615

Chill BAR Highlands

- 1117 Bardstown Road, Louisville, KY 40204
- (859)-913-8679



HEINE BROTHERS'

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Food & Snacks

Day's Coffee Shop

- 1420 Bardstown Road, Louisville, KY 40204
- (502) 456-1170

Vint Coffee

- 2309 Frankfort Avenue, Louisville, KY 40206
- (502) 894-8060

Heine Brothers' Coffee

- 3060 Bardstown Road, Louisville, KY 40205
- (502) 458-7770

Dittos Bar & Grill

- 1114 Bardstown Road, Louisville, KY 40204
- (502) 581-9129

Old 502 Winery

- 120 South 10th Street
Louisville, KY, 40202
- (502) 540-5650



The Hub

- 2235 Frankfort Ave,
Louisville, KY 40206
- (502) 777-1505

Veterinary Services

Crestwood Animal Hospital

- 6321 KY-146, Crestwood, KY, 40014
- (502) 241-4117

Bannon Woods Veterinary Hospital

- 11116 Dezern Ave, Fairdale, KY 40118
- (502) 363-6304

Louisville, KY Realtors

Caperton Realty

- www.capertonrealty.com
- (502) 386-3017
- adam@capertonrealty.com

Ken Cordle

- www.kencordle.semonin.com
- (502) 724-9614

Rick Bancroft

- www.rickbancroftrealtor.com
- (502) 338-8377

Angela Turner *Keynote Speaker*

- angelaturner.mywayrealestate@gmail.com
- 502-644-1709

INDIANA

HEALTH & WELLNESS

Primary Care Physician

Dr. Angela Crone

- 3605 Northgate Court, New Albany, IN 47150
- (812) 941-9355

Gynecology

Dr. Marilyn Mahan

- Professional Arts Building
1919 State Street, Suite 340, New Albany, IN 47150
- (812) 945-5233

Psychiatrist

Dr. Mary Bouldin

- 460 Spring Street, Jeffersonville, IN 47130
- (812) 280-2080

Mental Health Providers

Dr. Kathleen Kirby

- 1015 East Spring Street, New Albany, IN 47150
- (812) 949-1066

Lara M. West, LMHC

- 127 East Chestnut Street, Corydon, IN 47112
- 6000 Brownsboro Rd, Park Blvd, Suite G, Louisville, KY 40207
- (317) 956-2030

Nova Counseling Alternatives; Carrie Hunter, M.A., M.Div., LMFT

- LGBTQ Specialist
- Ages 12+
- 1941 Spring St, New Albany, IN. 47150
- (812) 206-3291

Resa Sandora, LCSW

- Serves Kentuckiana; children and teens
- Wings to Soar 100 W Court Ave, Suite 203, Jeffersonville, IN
- (502) 251-1555

Pride Counseling *Online Only*

- Professional online counseling for the LGBTQ community
- www.pridecounseling.com

Surgeons

Dr. Greg Steinbock

- 101 Hospital Boulevard, Jeffersonville, IN 47130
- (212) 282-3899

University Gender Affirmation Surgery

- Dr. Sidhbh Gallagher
- 545 Barnhill Drive, Emerson Hall 232, Indianapolis, IN 46202
- (317) 274-3636

Body Art

Bananafish Tattoo Parlor

- 421 State St, New Albany, IN 47150
- (812) 725-1351

Community

TREES, Inc.

- Transgender Resource, Education & Enrichment Services
- 2043 South Bend Avenue, Suite 255,
South Bend, IN 46637
- (219) 331-4665
- info@webetrees.org

Spectrum - Indiana University Southeast

- sespectr@ius.edu
- www.twitter.com/IUSGSA



The IUS GSA offers Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex, and Asexual+ support to strengthen and uphold an inclusive campus

Indiana Transgender Network

- www.indianatransgendernetwork.com

Rainbow Jacket

- www.rainbowjacket.wixsite.com/home
- Clothing bank for transgender, queer, and gender-nonconforming youth in Evansville, IN

Support Groups

Indianapolis Transgender Support Group and Resources

- Eskenazi Health
- (317) 880-6042

Queer Space

- www.facebook.com/queerspaceEVV/
- genderwarrior@gmail.com

Kentuckiana Transgender Support Group

- www.facebook.com/groups/kentuckianatransgendersistersupportgroup

Kentuckiana Transgender Partner Support Group

- www.facebook.com/groups/kentuckianatransgenderpartnersupportgroup
- Resa Sandora
- (502) 251-1555

Nightlife

PRIDE Bar + Lounge

- 504 State St, New Albany, IN 47150
- (812) 200-9546



SEE YOU
SEPTEMBER 21ST
FOR THE
FIFTH ANNUAL
**LOUISVILLE
PRIDE
FESTIVAL**

Get involved by visiting
LouisvillePride.com



PRIDE FESTIVALS OF KY & IN

PINK (University of Louisville)	March 29, 2019
Kentuckiana Pride Festival	June 14 & 15, 2019
Southern Indiana Pride Festival	June 22, 2019
Louisville Pride Festival	September 21, 2019
Bowling Green Pride	October 5, 2019

NATIONAL IN-STATE & OUT-OF-STATE RESOURCES

OutCare Health

- Online Database of LGBTQIA+ friendly providers
- www.outcarehealth.org

Gay & Lesbian Medical Association (GLMA)

- www.glma.org
- GLMA has an extensive database of Transgender Health Resources and other LGBTQ resources

Tri-State Alliance (TSA)

- www.tsagl.org/resources.html
- Serves the LGBTQ communities of Indiana, Illinois, and Kentucky

World Professional Association for Transgender Health (WPATH)

- Promotes care, education, research, advocacy, public policy, and respect in transgender health
- www.wpath.org

Planned Parenthood

- www.plannedparenthood.org
- 1-800-230-PLAN

National Center for Trans Equality

- www.transequality.org

Transgender Legal Defense and Education Fund

- www.Tidef.org

Jim Collins Foundation

- www.jimcollinsfoundation.org
- Provides financial assistance for surgery

GLBT National Resource Database

- 1-888-843-4564

Transpulse

- www.transgenderpulse.com
- Talk line, forums, and resources

Out and Equal Workplace Advocates

- www.outandequal.org

Life Outside the Binary

- www.Lifeoutsidethebinary.com

TS Roadmap

- www.Tsroadmap.com
- Information on name, gender marker, and birth certificate changes

Trans Youth Family Allies

- www.imatyfa.org
- 1-888-462-8932



SUICIDE PREVENTION

TransLifeline

- 1-877-565-8860
- www.Translifeline.org

Trevor Project

- Trevor Suicide Hotline: 1-800-273-8255
- Helpline: 1-866-488-7386
- Talk Line: 1-800-246-7743

National Suicide Prevention Lifeline

- Talk line: 1-800-273-8255
- Lifeline: 1-825-Lifelines

Veteran Crisis Line

- 1-800-273-8255 Ext. 1

LGBTQ Suicide & Suicide Risk

- www.afsp.org/about-suicide/lgbtq-suicide-suicide-risk





**FREE
IN HOME
HIV
TESTING**

KNOWLEDGE IS POWER. KNOW YOUR STATUS.

HIV TREATMENT WORKS

*Tests are free, confidential and only
take 15 minutes!*

**Scheduling a test takes less
than 1 minute**

At www.voamid.org/HIV

Be entered to win a \$50 gift card.

*If you have questions, please call Volunteers of America at
(502) 635-4505.*

Transgender Resource Guide 2019

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