



#HugsAgainstHate

How to Contribute:

1. Hug your friend(s), partner(s), pet(s); even yourself! Snap a photo while hugging!
2. Post your photo on social media! Use the hashtag **#HugsAgainstHate** and **#HAH** on your post or other sub-hashtags (visit our website below or Facebook campaign page for more information).
3. Nominate your friends, family, and social networks! Nominate three or more bodies to contribute to the campaign.

For more information scan the QR code below or visit the website below.

Happy hugging!



HIV/AIDS RESOURCES
& COMMUNITY HEALTH



archguelph.ca/

[HugsAgainstHate](https://www.facebook.com/HugsAgainstHate)

