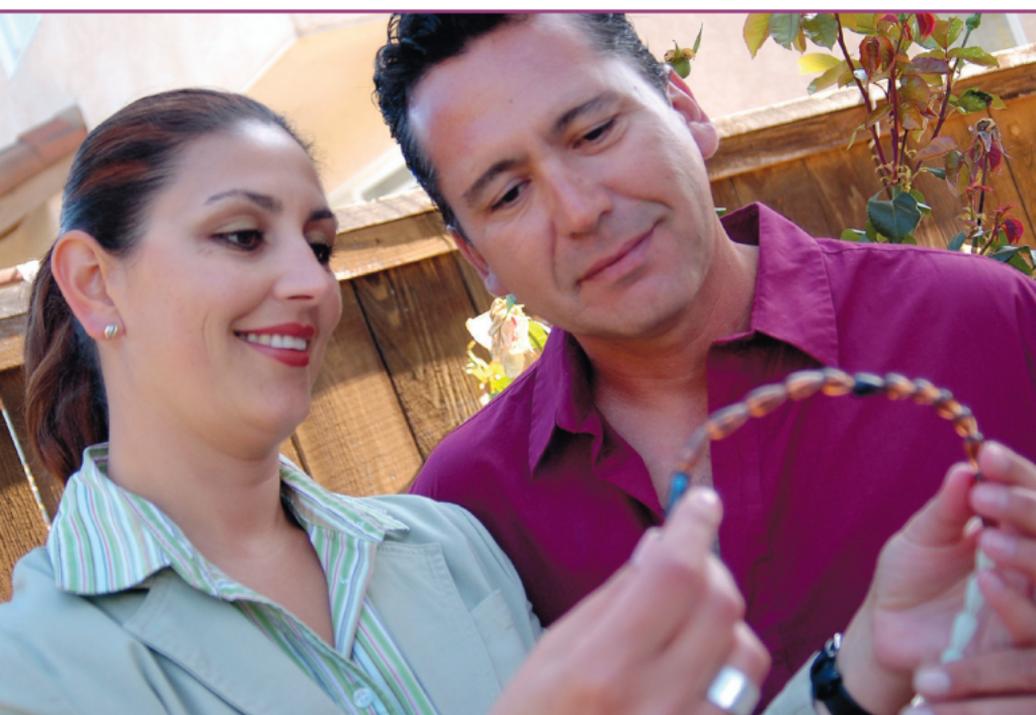


CycleBeads®

A New Birth Control Option



- CycleBeads® are a simple way for **couples** to **share the responsibility** of birth control and family planning.
- It is a **natural method** with **no side effects**.
- It is **easy to use** and **effective** in preventing pregnancy.
- It works for women who have menstrual cycles **between 26 and 32 days** long.

CycleBeads do not protect you from HIV/AIDS or other diseases people can get from having sex.

It Takes Two!



For more information call:

Tri-City Health Center

39500 Liberty St.

Fremont, CA 94538

510-770-8040

www.tricityhealth.org

What Are CycleBeads?



CycleBeads® are a string of color-coded beads used to track each day of a woman's menstrual cycle.

By following the beads couples know the days when a woman can get pregnant. On these days they use a condom or choose not to have sex.



CycleBeads are based on a birth control method that is 95% effective when used correctly.



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