Widowhood is a state unavoidable to all married individuals. Women experience widowhood differently. In Africa, widows face challenges posed by culture, stigma and poverty. Widows living with HIV and AIDS face more challenges due to stigma of living with HIV and AIDS, widowhood, and expression of sexuality. Furthermore, young widows face problems of forming new sexual relationships. These problems become more complex when they are required by law to disclose their HIV status to their new found sexual partners. This poses challenges such as confidentiality, stigma and rejection. This book describes these challenges faced by widows in the urban setting of Kisumu City. The work which used a cross sectional study design, describes the experiences of these widows. The widows described in the book were of different socioeconomic backgrounds. They were receiving care and support from different health facilities as well as support groups from within Kisumu City. This book makes recommendations which can be used by those involved in HIV and AIDS prevention, care, and support.