

WANT TO TAKE CHARGE OF HIV AND YOUR GENERAL HEALTH?

REGISTER FOR A NO COST VIRTUAL WORKSHOP!

The Positive Self-Management Workshop

Participants with HIV learn new ways to take charge of their health including:

- ✓ How to best integrate medication regimens into daily life so they can be taken consistently (including PrEP)
- ✓ Techniques to deal with problems such as frustration, fear, fatigue, pain, and isolation
- ✓ Physical activity and nutrition
- ✓ Communicating effectively with family, friends, and health Professionals
- ✓ evaluating symptoms
- ✓ Sex and Intimacy
- ✓ Action planning, decision making, and problem solving

Upcoming Workshop:

**Dates: Thursdays, October 13th,
20th, 27th, November 3rd, 10th
& 17th**

Time: 10:00am to 12:30pm

Held via ZOOM!

TO REGISTER, CONTACT:

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