

Aging Well with HIV

Formerly called Positive Self Management Program

This 6-week self-management workshop is for people living with HIV. Small group sessions help build confidence and ability to manage health. People who are HIV positive AND caregivers/partners/family can attend.

Topics Include:

- Medication Management
- Exercise and Nutrition
- Isolation and Loneliness
- Decision making
- Advanced directives
- Managing Symptoms

Join us for 6 virtual sessions:

Info session: Wed, Aug 20th - 5:30-6:30 pm

6 Sessions: Wednesdays, Aug 27th - Oct 1st, - 5:30-8pm

For information or to register,
call (833) 673-9355
oregonwellnessnetwork.org

