



FREE

WORKSHOP

2.5 Hours/Week for 6 Weeks

POSITIVE SELF MANAGEMENT PROGRAM

Offered by the Gilbert Centre

A HEALTHY LIVING SERIES

FOR PEOPLE OF ALL AGES LIVING WITH HIV

The Positive Self Management Program is a free 6 week workshop (2.5 hours each week) for people and their support network providing skills to manage health and maintain an active and fulfilling life.

1 MONITORING HIV,
ACTION PLAN AND
PROBLEM SOLVING

2 DEALING WITH
DIFFICULT
EMOTIONS,
TREATMENT
ADHERENCE

3 TAKING HIV
MEDICATIONS,
RELAXATION
TECHNIQUES

4 PHYSICAL ACTIVITY,
COMMUNICAITON
AND DEALING WITH
DEPRESSION

5 HEALTHY EATING,
FUTURE PLANNING,
AND BUILDING
SUPPORT SYSTEMS

6 EVALUATION
SYMPTOMS AND
WORKING WITH
HEALTHCARE
PROVIDERS

To register 705.722.6778 x 802 KellieL@gilbertcentre.ca