



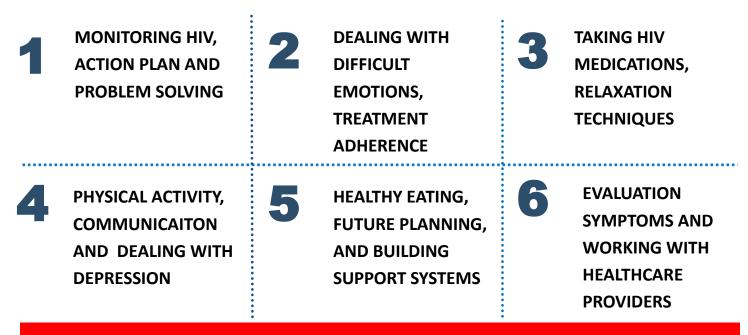
WORKSHOP

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.



To register 705.722.6778 x 802 KellieL@gilbertcentre.ca