

POSITIVE SELF MANAGEMENT PROGRAM

The Health Trust is offering a series of workshops developed at Stanford designed for people with HIV and AIDS and those who care for someone with HIV/AIDS.

The Positive Self Management Program is a 7 week workshop about health and wellness specific to HIV.

The workshops are interactive and the leaders themselves have HIV, chronic health conditions or care for someone who has one.

Topics include:

- Controlling pain
- Eating well
- Exercise
- Accomplishing your goals
- Managing fatigue and frustration
- Dealing with depression
- Solving problems
- Communicating better with your doctor and others
- Plus more

You will receive:

- Book – “Living Well with HIV and AIDS”
- CD of relaxation and visualization tools
- Skills you need to feel better and more

Workshops will be held throughout 2009. The next series of English workshops begins **October 27, 2009**. Spanish and future English workshops will be offered in early 2010.

For more information or to sign up, please call:

408-961-9831

A bold vision
for Silicon
Valley...

Becoming the
healthiest
region in
America!