



Become a Self-Manager!

- ✓ Highly interactive 6-week workshop
- ✓ Weekly sessions -
- ✓ Gain support from others with HIV and other health issues

Upcoming Workshop:

Where: Virtual via ZOOM

Dates: April 8th, 15th, 22nd, 29th, May 6th and 13th.

Time: 10:00am to 12:30pm

Philadelphia Corporation for Aging supports this program through a collaboration of the Pennsylvania Department of Aging and the Department of Health's HIV Planning Group. This program was developed at Stanford University and is now owned by Self-Management Resource Center, Inc.

INTRODUCING A WORKSHOP ABOUT HEALTHY AGING WITH HIV

REGISTER FOR A FREE WORKSHOP!

AGING WELL WITH HIV SELF-MANAGEMENT PROGRAM

Are you an older adult living with HIV? Join this virtual evidence-based workshop and learn ways to self-manage HIV and other chronic conditions as we age. Topics include:

- ✓ Taking charge of HIV and other health conditions
- ✓ Managing symptoms
- ✓ Focus on physical activity, Healthy eating, medication management, improving sleep, breathing techniques.
- ✓ Action planning, decision making and problem solving
- ✓ Additional topics include, self-advocacy, building support and communication

TO REGISTER, CONTACT:

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Pennsylvania
Department of Aging



Pennsylvania
Department of Health