

Aging Well With HIV

Virtual Workshop

Are you or anyone you know aged 55 and older living with HIV and dealing with health conditions related to aging? Join the Philadelphia Corporation for Aging for a new virtual Self-Management program to empower you to age healthily and with dignity and respect.

During the six-week virtual sessions we will discuss topics related to living with HIV including:

- 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, problem solving and self-advocacy.

Sessions meet once weekly for 2.5 hours over zoom

Dates and times are Tuesdays, September 30th, October 7th, 14th, 21st, 28th and November 4th from 10am to 12:30pm

To register or for more information, contact Stephen Merrill at Stephen.merrill@pcacares.org or 215-765-9000 Ext. 5123. Registration deadline is Tuesday, September 23rd.

Pennsylvania Department of Aging

PCA PHILADELPHIA CORPORATION FOR AGING *Enriching lives, preserving dignity.™*

Pennsylvania Department of Health

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