



Self-Management

• • • Newly HIV Positive, or Just Becoming Active in Your Own HIV Care?

This two day training is designed for people living with HIV/AIDS who want to better manage their HIV health care. A combination of information, skills building and peer mentorship (if desired) offer a unique opportunity to learn and grow in a safe, fun and confidential setting. Individuals who recently have been recently diagnosed HIV+, as well as anyone who is struggling to manage their HIV health care, will find this training especially helpful.



All HIV+ Persons Welcome (Need not be Clients of S-CAP)

March 26 and 27, 2010 9:30 AM

All Participants (Including Trainers) are HIV+
(Peers)

Training Highlights:

- ☐ Basics of HIV health care
- ☐ Understanding your Lab Work
- ☐ Working Effectively with Health Care Providers
- ☐ Understanding HIV Medications
- ☐ Nutrition, Mental Health and Substance Abuse
- ☐ Living with HIV and other conditions
- ☐ Action Planning to meet your own Health Care Needs

For More Information, Contact Leslie Wirpsa
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