**Want to take charge of HIV and your general health?**

***Become a Self-Manager!***



Register for the ***Positive Self-Management*** Workshop!

This six-week workshop is part of the Chronic Disease Self-Management Program and is FREE to adults 60 and older.

In light of COVID-19, this will be offered *virtually*!

Participants with HIV will learn new ways to take charge of their health and learn tips to manage symptoms, nutrition, pain, medication, stress, depression, fatigue and overcome physical limitations.

making a healthy eating plan, managing blood sugar levels, balancing eating, physical activity and medications to prevent problems as well as managing diabetes-specific problems.

**Workshop Details:**

This six-week workshop meets weekly on Tuesdays via Zoom. Participants will receive materials including the book, Living A Healthy Life with HIV in the mail at no cost.

**Dates: May 25th, June 1st, 8th ,15th, 22th, 29th Time: 10am to 12:30pm**

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**To register, contact:**

**Stephen Merrill**

**Health Promotion Nurse Supervisor**

**(215)765-9000 ext. 5123** [**Stephen.merrill@pcacares.org**](mailto:Stephen.merrill@pcacares.org)

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