



**FREE**

**WORKSHOP**

**2.5 Hours/Week for 6 Weeks**

# **POSITIVE SELF MANAGEMENT PROGRAM**

Offered by the Gilbert Centre

A HEALTHY LIVING SERIES

FOR PEOPLE OF ALL AGES LIVING WITH HIV

The Positive Self Management Program is a free 6 week workshop (2.5 hours each week) for people and their support network providing skills to manage health and maintain an active and fulfilling life.

**1** MONITORING HIV,  
ACTION PLAN AND  
PROBLEM SOLVING

**2** DEALING WITH  
DIFFICULT  
EMOTIONS,  
TREATMENT  
ADHERENCE

**3** TAKING HIV  
MEDICATIONS,  
RELAXATION  
TECHNIQUES

**4** PHYSICAL ACTIVITY,  
COMMUNICAITON  
AND DEALING WITH  
DEPRESSION

**5** HEALTHY EATING,  
FUTURE PLANNING,  
AND BUILDING  
SUPPORT SYSTEMS

**6** EVALUATION  
SYMPTOMS AND  
WORKING WITH  
HEALTHCARE  
PROVIDERS

To register 705.722.6778 x 802 [KellieL@gilbertcentre.ca](mailto:KellieL@gilbertcentre.ca)