

Positive Self-Management Workshop

Shasta Community Health Center

1035 Placer St.
Redding, CA 96001

A FREE workshop for those living with HIV or AIDs, and their caregivers.

We will talk about:

- How to best apply medication routines into daily life so they can be taken regularly
- Tips to deal with problems such as frustration, fear, fatigue, pain and isolation
- Ideas for maintaining and improving strength, flexibility and endurance
- Tips for talking with family, friends and health professionals during difficult moments
- Evaluating symptoms
- Advance care planning

\$20
Gift Card!
Call for details.



Sign-Up Using Your
Mobile Device

**Workshops start several times
throughout the year.**

**Each workshop is
2.5 hrs/wk for 7 weeks.**



For More Information:

(530) 229-5115

www.shastahealth.org