



Southwest Center<sup>™</sup>  
for HIV/AIDS  
Prevention • Wellness • Research

# Newly Diagnosed or New to Care?

Join our Living Well with HIV workshop

- Week 1: Finding out you're positive
- Week 2: Disclosure to others
- Week 3: Healthy living
- Week 4: Being your own self manager – managing your medical treatment
- Week 5: Relationships and sexual health
- Week 6: Planning for now and the future

**Please RSVP and you will be notified when the next group will start.**

Each group is limited to 12 participants.

Facilitated by Julie McAllister, MA, LAC, NCC. Please call (602) 307-5330 to sign up now.



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