



LIVING WELL WITH HIV



Q. What is Living Well with HIV?

A. An interactive, group workshop led by two facilitators. The workshop includes six weekly sessions, where participants learn effective strategies for symptom management to improve their overall health and wellness. Using tools learned during the sessions, participants are able to identify, develop, and pursue personal goals in a safe, inclusive environment.

Q. Who can benefit from Living Well with HIV?

A. This program was developed for individuals actively managing HIV; it is especially valuable for individuals with multiple conditions, rising health risks, and those seeking group support. Caregivers, friends, and family members are also welcome to participate to support their loved ones.

Q. What does Living Well with HIV do for participants?

A. The workshop focuses on increasing self-efficacy, improving knowledge, and assessing beliefs, which result in improved self-management. This program does not conflict with existing programs or treatment. It is designed to enhance regular treatment and HIV-specific education. The program gives participants the skills and confidence to manage their health, as well as ways to support healthy, active lifestyles.