

Take Control of Your Health



WOMENS ONLY GROUP – Peer Led **Having HIV doesn't mean that your life is over – far from it!**

BGF's 'Take Control of Your Health' workshop explores healthy ways to live the best life possible.

With proper treatment and diagnosis, HIV has now become a chronic manageable condition similar to diabetes or heart disease, and though this is a big step forward and it is certainly something to celebrate this advance, having HIV can complicate your life. This course is free and open to PLHIV, partners, caregivers, family (and are female) are welcome

Dates: Thursday 20th September – Thursday 25th October 2018

Time: 4.00pm – 6.30pm

Venue: Glebe Town Hall 160 St Johns Road GLEBE

The workshops run once a week for 6 weeks

Snacks provided during a 20 minute break – children catered for

For more information and to reserve a place,
please call **reception** at BGF **(02) 9283 8666** or email **reception@bgf.org.au**



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