

EAT, DRINK, and BE MERRY!

SAVE THE DATE

November 9, 2019
in LOS ANGELES

A Holiday Survival Guide for the HIV Positive Community

The holidays are a time of celebration with friends, family and community. They can also be a time when you feel lonely, anxious, overwhelmed, and depressed. And living with HIV can compound these feelings. What to tell family? How to manage your meds? How to practice self care? All questions that can dampen the holiday spirit.

Join us for an informative and supportive day to help you plan to have the best holidays ever.

FREE 1-DAY SEMINAR

For those who are HIV+ and those who love them.

Produced by
 Life Group LA

In partnership with
 HOLLYWOOD
United Methodist Church

Topics presented during this 1-day focused seminar:

- **Stress Free for the Holidays**
Useful tools to have a remarkably stress free holiday
- **“Give Up Your Shoulds Day”**
- **Holiday Adherence**

TO REGISTER CALL
888-208-8081

or online

LifeGroupLA.org/workshop

Space is Limited!

Snacks, Beverages, and Lunch included

ADVANCED REGISTRATION REQUIRED

KEY NOTE SPEAKERS




John Sovec
MA, LMFT
HIV Advocate, Educator



Damon L. Jacobs
LMFT, Creator at PrEP
Facts: Rethinking HIV
Prevention and Sex



Joseph Leahy
Janssen Therapeutics

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