



# Positive Self-Management Program for HIV

The Stanford University School of Medicine's Positive Self Management Program—HIV(PSMP) is 2 1/2 workshops held once per week for six weeks. Workshops are held in locations throughout the community and facilitated by two trained leaders.

PSMP Covers:

- Techniques to deal with problems such as frustration, fatigue, pain and isolation
- Appropriate exercises to maintaining and improving strength, flexibility and endurance
- Appropriate use of medication
- Communicating effectively with family, friends and health care professionals
- Techniques for healthy eating
- Emphasis is also to be placed action planning, disease-related problem solving, and decision making

Join us for our **FREE Six-week program on:**  
**beginning**

**Contact:**

**Organization:**

**Email:**

**Phone Number:**

**Registration ends:**  
at 20 participants

PSMP workshops are highly interactive. Mutual support and success will build the confidence you need to manage your health and maintain an active and fulfilling

