BACK TO BASICS

For people living with HIV (and their supportive family or friends!) who want to better understand the basics of HIV, treatment & prevention.

TUESDAY,
DECEMBER 13
3:00 - 4:30PM
705 BROADWAY

- **What is CD4 and viral load?**
- **What's undetectable viral load?**
- **How can I self-manage my medications?**
- **What supports are available to me through the Manitoba HIV Program?**

Snacks provided. Bus tickets available if needed.
Please speak with us if childcare is a barrier for you.

Talk to Shauna (204-940-6090)
or Sri (204-940-6056) to register.

standing strong

nine circles
COMMUNITY HEALTH CENTRE