

Take Control of Your Health



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, carers, family and support workers are all welcome

SURRY HILLS

Tuesday 24th July – Tuesday 28th August 2018

12.00pm – 2.30pm

Venue will be advised upon booking

The workshops run once a week for 6 weeks

Lunch provided during a 20 minute break

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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goldsmith
foundation**