

MAKE THAT CHANGE!



Have you been thinking about making that change in your life but are not quite sure where to start? These workshops are designed to help you!

As a woman living with HIV, ready for change, you can be part of this free, 8-session workshop.

Topics include:

- ❖ Taking control of your life
- ❖ The benefits and difficulties of change

Run by women for women, we aim to empower you with the confidence and the determination to move towards your goals. The sessions will be facilitated by occupational therapists from Royal Prince Alfred Hospital & Positive Central.

When: Wednesday evenings 6-8pm from 13 October 2010, for 8 weeks
Where: Redfern Health Centre, 103-105 Redfern Street, Redfern.
To register: Call Susan at HHAS on 1800812404 or Jodie at ACON on 96998756 or email pozhet@pozhet.org.au or families@acon.org.au

Places are limited. Act now!