



COMMUNITY EDUCAT¹⁰NAL FORUMS

“BY THE COMMUNITY ... FOR THE COMMUNITY”

“The Role of Healthy Eating in Your Overall Health”

more important than ever as we live longer with HIV

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We are all living longer, healthier lives. But our lifestyle choices make a difference too. These include what you eat; how much you exercise; use of alcohol, drugs, & tobacco; safe sex practices (various STDs). This presentation will focus just on healthy eating, with some good information about food label reading, various choices, etc. Healthy eating really is part of managing our health.

WEDNESDAY 12 APRIL 2017

*** FREE DINNER 6 PM ***

*** FORUM 6:30 PM (NO RSVP REQUIRED) ***

**COMMUNITY ROOM AT OUR SAVIORS LUTHERAN
9TH & EMERSON (LOWER LEVEL, ENTER ON THE SIDE FROM EMERSON ST)**

**SPONSORED BY
TEN (TREATMENT EDUCAT¹⁰N NETWORK)
AND ViiV HEALTHCARE**

*** SAVE THE DATE * NEXT FORUM *
* WEDNESDAY 10 MAY * TOPIC TBD**

WWW.ONTHE¹⁰N.ORG

(IF YOU HAVE MEAT OR WHEAT ISSUES AND PLAN TO ATTEND, PLEASE LET US KNOW BY EMAIL TO: FORUMS.COLORADO@GMAIL.COM)