



BROTHERS UPLIFTING BROTHERS INC.

p r e s e n t s

MEDICALLY SPEAKING: INFORMATION FOR YOUR HEALTH

Join Us For Lunch,
Discussion &
on Thursday, November 19, 2009
1:00pm – 4:00 pm
at

Gary Community Health Center
1021 W. 5th Avenue
Gary, IN 46402

TOPIC: *Stress Management for People Living with HIV/AIDS (PLWH)*

The problems that PLWH confront are numerous and diverse. There are four primary areas that are key to successful coping that will be discussed.

1) open communication within significant other relationships; 2) assessing stress and developing healthy attitudes 3) coping strategies for living with serious illness 4) and giving and receiving social support. A manual that can be used by both PLWH and health care professionals will be provided.

GUEST SPEAKER: *Dr. Betsy L. Fife, RN PhD; Senior Research Scientist; Indiana University School of Nursing*

SPONSOR: *Brenda Stapleton; HIV Market Specialist; Roche Labs, Inc.*

PLEASE NOTE:

**Please plan to arrive no later than
1:10pm to be admitted**

**RSVP is required no later than Monday, November
16, 2009 or by calling Michael at 219-985-2008 or by
email mwright@bubnwi.com**

