

Healing Our Community Collaborative (HOCC) Programs for Women, by Women, about Women

January 8, 2024

How to Manage Your Health and HIV

**Eat healthy
Practice Self-Care**

Exercise Regularly

**Keep an
undetectable viral load**

Quit Smoking

Prioritize Sleep

**Get help with alcohol misuse
and illegal substance use**

**Optimize Your
Mental Health**

Practice Relaxation

**Keep Your
Medical Appointments**

Use your medicines wisely...



U=U

Lunch Will Be Served

When: Monday, January 8, 2024
Time: 12:00 p.m. to 2:00 p.m.
Where: OLD SOUTH CHURCH

2nd Floor 645 Boylston Street
(right across from the Boston Public Library)

HOCC's Collaborators and Supporters

Merck, VPI - Boston Living Center, CRI/HDAP, Passageway at BWH, MGH, BIDMC, Gilead, Upham's Corner Health Center, Fenway Institute/AAC, MGH Behavioral Medicine Program.

We Want You to Know...

- * One in four people living with HIV in the United States is a woman.
- * Women are mothers, grandmothers, caretakers, spouses, sisters, employees, friends, and neighbors — often all at once. Living with HIV as a woman means dealing with the disease while still fulfilling these other roles. But by taking care of your health & wellness and taking HIV medicine, you can live a long, healthy life.

**Special Guest Speaker
Gloria Searson**

check out our website
www.HOCCPrograms.org

 **Early Bird Specials**

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**Healing Our Community
Collaborative, Inc. (HOCC)**

**Giveaways
and
More!**



**For More Information:
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