

POSITIVE REINFORCEMENT

HIV UNIVERSITY

March 18 Survival Skills: long term survivors talk about getting there.

April 1 The IRS is Coming! A workshop to help you prepare your taxes.

April 11 Exercise: making a body strong.

April 18 Stress Management: creating health.

A course of classes designed to train, inform and support people living with and affected by HIV. Free Classes start at 6:30 pm. Reservations: **HIV U Infoline** at 503-223-6339, ext. 111.

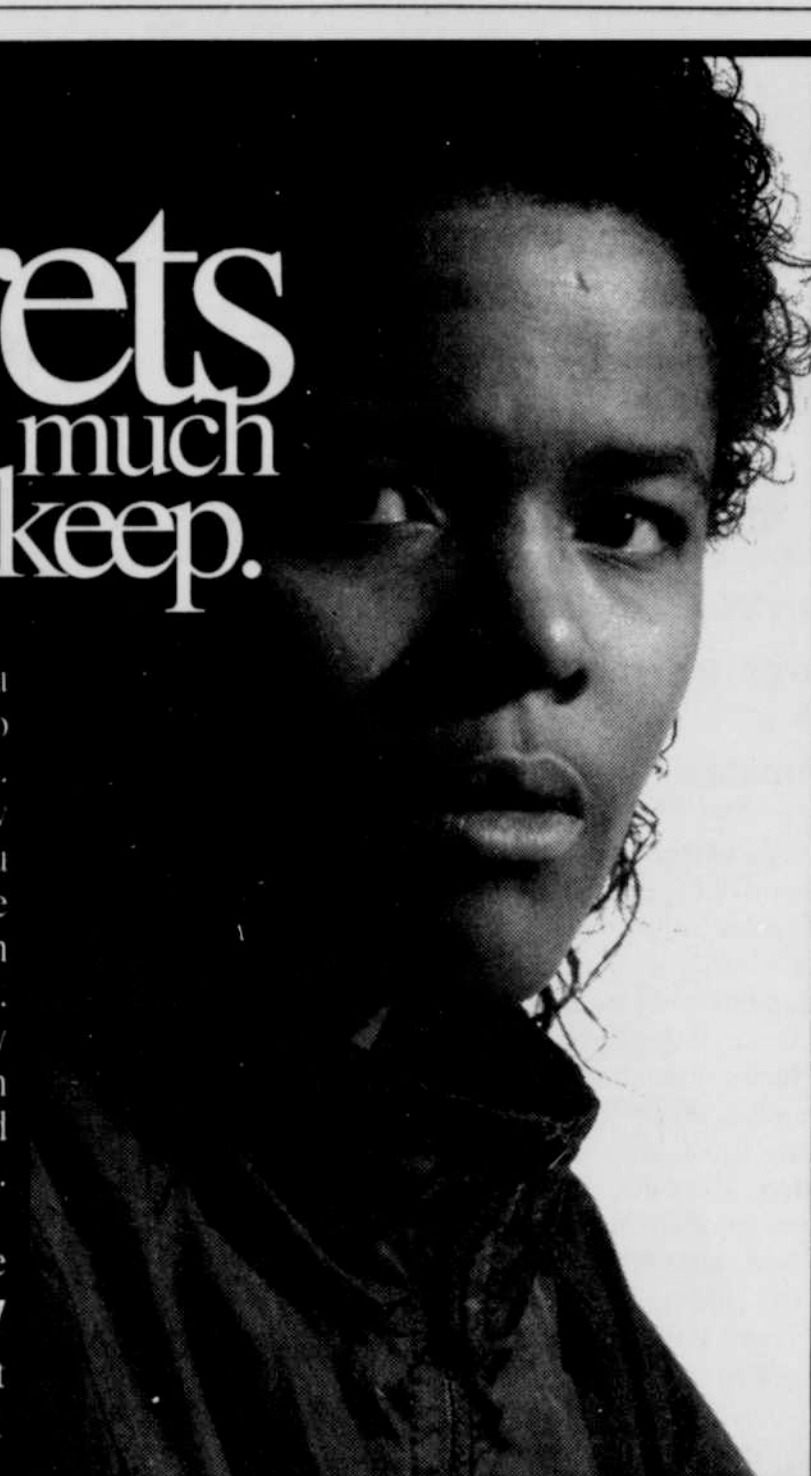


HIV University is funded by the Ryan White Care Act (Title 1)

Some secrets cost too much to keep.

Especially when they keep you from getting what you need to live a better and longer life. If you or someone you know has HIV, call us. We can get you medical care and caring people to talk to. We can help with housing, food and child care. You don't have to have money or insurance. You don't even have to tell us your name to find what's here for you. Just call us.

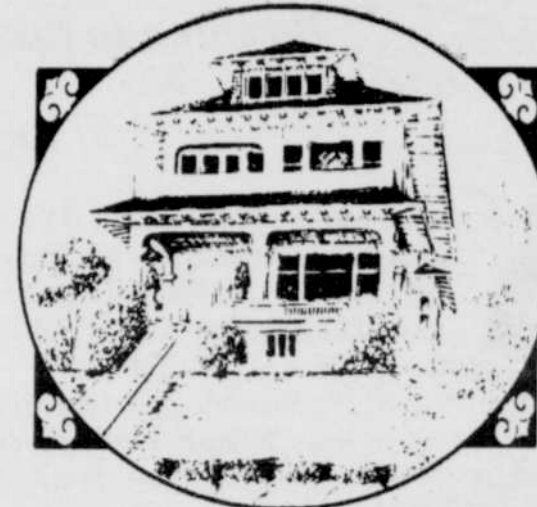
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 Partnership Project
295-0211



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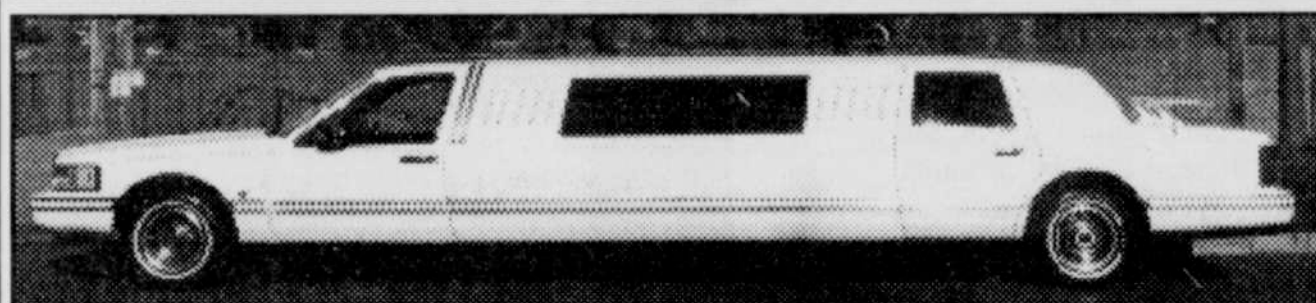
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