

Take Charge! mind body medicine meditation

Dr. Jon Kaiser's

HIV Health Fair '98

FREE!

FREE!

Portland

Thursday, August 27, 1998

6:30 pm - 9:30 pm

Emanuel Hospital

Lorenzen Conference Center

301 N. Graham

Jon Kaiser, M.D.,

Author of *Immune Power* will lecture on

"Rebuilding Your Immune System"

and

"Healing From HIV"

**Free Massages • Free Acupuncture • Lite Buffet
Many information and exhibitor booths**

7:30 pm

- The New Crop of Upcoming Antivirals
- Highly Effective Antiviral Programs
- Case Histories of Long Term Survivors

6:30 pm

- Building Your Healing Program
- Nutrition, Vitamins, and Herbs
- Gaining Muscle with Anabolic Therapies

8:30 pm

- Mind Body Medicine
- Meditation and Guided Visualizations



For more information call **(800) 777-AIDS, or (800) 514-7197.**

Co-Sponsored by: Cascade AIDS Project Advocacy Department, HIV Advocacy Council of Oregon and Southwest Washington, Project Quest, Apoyo Latino, AIDS Education, and Training Center, Ecumenical Ministries of Oregon's HIV Center, Outside In, and Partnership Project. Transportation: Buslines #4, 40, 41. Design: RayDesign, San Francisco

protease inhibitors anabolic steroids viral load assays nutrition

hormonal therapies protease inhibitors anabolic steroids NNRTI's

massage nutrition mind body medicine **Take Charge!**