



LIVING NOW[®]



An Innovative Peer Education Program

Living Now[®] is a program designed to provide vital information to people living with HIV to help improve their health and the health of others living with HIV. Living Now[®] teaches individuals healthy approaches to avoiding the spread of HIV to others, and how to be an advocate for yourself and others.

See attached for more information or contact:
Harold Atkins, Program Coordinator
or **Elizabeth O'Neil**, Living Now Program Assistant
(650) 364-6563 Ext. 34

AIDS Community Research Consortium (ACRC) is California's leading nonprofit, community-based AIDS education, outreach, and research organization dedicated to serving the communities of San Mateo, Santa Clara and Santa Cruz counties.
Next class starts 2-8-05

\$100.00 stipend awarded upon completion of program.

LIVING NOW[®]
HIV Peer Education Program
2005 Schedule

Classes start Tuesday February 8th, 2005

Classes will be held every Tuesday and Thursday from 9:30 - 12:30
(Includes snacks and lunch)

Session 1: Understanding HIV/AIDS and Introduction to Peer Education

Session 2: Accessing HIV Resources

Session 3: Supporting the Newly Diagnosed

Session 4: Serving a Culturally Diverse Community

Session 5: Antiviral Therapy

Session 6: Monitoring and Fighting HIV in the Body

Session 7: HIV Advocacy and Activism

Session 8: Clinical Research

Session 9: Primary and Secondary HIV Prevention

Session 10: STDs and HCV

Session 11: Nutrition and Food Safety

Session 12: Complementary and Alternative Therapies

Session 13: Preventing HIV/AIDS Complications

Session 14: HIV and Your Mental Health

Session 15: HIV and Spirituality

Session 16: Class Make-up and Graduation