

New Opportunities At PLWHA (SA)



With the introduction of more effective HIV treatments people with HIV/AIDS are now living longer. PLWHA (SA) and ACSA, in conjunction with NAPWA and AFAO's new "Managing HIV: It's All About Balance" campaign, are looking at ways to support people to obtain healthier and happier lifestyles.

Some of the new exciting opportunities that could be on offer include:

Tell your story through photography, writing and theatre with access to professional artists who can assist you!

Life-coaching—set goals and achieve them! Working one on one or in groups. It's the new craze. Don't miss out!

Meditation, Yoga and Spiritual Healing. Evidence suggests these ancient arts can achieve incredible results in healing the mind and body. Get in touch with your inner harmony!

If you are interested in any of these contact Victoria on 8293 3700 or email support@hivsa.org.au, or come and chat about any ideas you may have on living a balanced life.