

# EMPOWERED *to* THRIVE

*YOU'RE INVITED!* A series of occasional interactive, no-cost workshops and community meals, covering topics related to living well with HIV. Co-sponsored by EMO HIV Services, and the Aging Well Program at Cascade AIDS Project.

SUNDAY

11.10.2019

11:00AM-1:30PM

QUEST CENTER FOR  
INTEGRATIVE HEALTH  
2901 E BURNSIDE ST.  
PORTLAND, OR 97214

*Trimet line #20 stop near  
Quest Center for Integrative  
Health on E. Burnside*

COMING NEXT:

## Being a community leader

Join us for this interactive session where a panel of long-term survivors discuss their leadership experiences. Benefits of working on leadership skills include:

- Gaining confidence
- Improving communication and negotiation skills
- Honing problem solving skills

*Free, but please register: [agingwell@cascadeaids.org](mailto:agingwell@cascadeaids.org)*

