

GROWS

GROWING OLDER, WISER AND STRONGER

Are you a woman living with HIV aged 40+?

Do you have uncertainties around ageing with HIV or questions relating to your health and wellbeing?

Would you like to speak to another woman living with HIV to explore holistic approaches to looking after our health and wellbeing ageing with HIV?

We have trained peer mentors to support you.

For referrals, please contact...

Juddy: juddy.otti@sophiaforum.net