

JumpStart:

UNLEASH YOUR POTENTIAL

Feeling better?
Hoping to give something back?
Wondering what to do next?



Improved HIV treatments allow many people to live longer and healthier lives. And returning to work or school can improve your self-image and help you feel better. **BUT NOT SURE WHERE TO START?**

JUMP START YOUR LIFE WITH APLA'S NEW WORKSHOP SERIES!

JumpStart is a five-part weekly series of workshops. When you're done, you'll be able to set goals to increase wellness and create new direction in your life.

WORKSHOP TOPICS INCLUDE:

- Life Skills: budgeting and goal setting
- Health Skills: nutrition and recognizing distress
- Career Skills: work incentives and managing public benefits
- Developing an Individual Life Plan

WHEN:

10:30 a.m. to 12:30 p.m.
January 8, 15, 22, 29 and February 5

WHERE:

AIDS Project Los Angeles
The David Geffen Center
611 South Kingsley Drive
Los Angeles, CA 90005

Please **RSVP** to Damion Smith at **213.201.1421**
or Jason Roundy at **213.201.1331**

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25 YEARS