

NUTRITION AND HIV

SERIES WORKSHOP



WEDNESDAYS | 11 AM – 12 PM

THE ALIVENESS PROJECT

PRESENTED BY

EMILY OSTROW, MS, RDN, LD
The Aliveness Project Dietitian

Emily Ostrow is a Licensed and Registered Dietitian providing nutrition counseling for people living with HIV/AIDS and various co-occurring disease states such as diabetes, heart disease and cancer. She has experience and training in trauma-informed nutrition therapy, transgender, and gender diverse nutrition therapy. Emily is able to assist with linkage to food assistance programs, such as Open Arms, and prescription nutritional supplements, as appropriate.

This is a free event for all members.

The monthly workshops will be held Wednesdays from 11 a.m. – 12 p.m., followed by fellowship and dining. There will be food shelf opportunities, open office hours, and individual nutrition counseling with our dietitian, Emily Ostrow, MS, RDN, LD.

JUNE 15 | Nutrition & HIV

General nutrition for health and wellness living with HIV/AIDS

JULY 13 | Cooking on a Budget

Resources: Utilizing Every Penny Counts, Food Shelves, and Fare for All

AUG 17 | Meal Priming & Prepping

Let's cook and take a meal home

SEPT 14 | Special Diets

Vitamins, supplements, nutrient dense, and volume eating for weight goals, diabetes, and heart health.