



**Positive Hearts**

**RAINBOW  
HEALTH**

## Peer Support Group for People Living with HIV/AIDS



### **Struggling with isolation, stigma, or depression? Feeling alone?**

Need to talk to someone who gets it? At our peer-led support group, we seek to build a social support network to help each of us keep going.

**Positive Hearts Support Group** (Fargo-based) and **Rainbow Health** (Twin Cities-based) are offering **joint quarterly peer-led support groups** in Moorhead, MN -- you can attend in-person or virtually.

Our support groups for people living with HIV/AIDS offer a safe place where we can meet and support one another. The December gathering will include guest speakers, free lunch, a \$50 grocery card for all attendees, fellowship, and holiday cheer. The topic for December is **Nutrition, Exercise & HIV**.

**Date:** Tuesday, December 13, 2022

**Time:** 10 a.m. - 2 p.m.

**Location:** For location information please RSVP by December 9, 2022, to [belinda.charlestongreen@rainbowhealth.org](mailto:belinda.charlestongreen@rainbowhealth.org) and [pastorjoe@stmarkslutheranfargo.com](mailto:pastorjoe@stmarkslutheranfargo.com)

(This ensures we are best able to plan for meals and grocery cards.)

***Please contact your RAAN or Ryan White case manager to schedule your transportation.***