



This Valentine's Day Love Your Liver!

AIDS VANCOUVER ISLAND PRESENTS

Hepatitis C and Wellness

Saturday February 14th

10:00am-4:00pm

Begbie Hall 2101 Richmond Avenue

10:00 Welcome and Warm up

10:30 Hepatitis C Basics: what it is, how you get it

11:30 Dr. W. Ghesquiere presents on New Developments in Hepatitis C, Hep C/HIV co-infection, Treatment Options, and What to Ask Your Doctor

Panel of guests also available to answer your questions

12:45 Healthy Lunch Provided

1:30 Becoming a Peer Helper, Self Advocacy and Self Care, Community Resources

Panel of guests also available to answer your questions

2:45 Complimentary Medicine and Nutrition: Nutritionists, Herbalists, Acupuncturists, Massage Therapists, and others, available to provide one-on-one support, information and hands on experiences

*This workshop is free of charge. Contact **Hermione** @ 250 384-2366 to register or for more information. Funded by PHAC and AVI.*