# **EXAMPLE ALTHYLIVING**

STOP SMOKING, DRINK IN MODERATION, EAT WELL AND EXERCISE REGULARLY

> MAKE YOUR PLAN TO KEEP A HEALTHY

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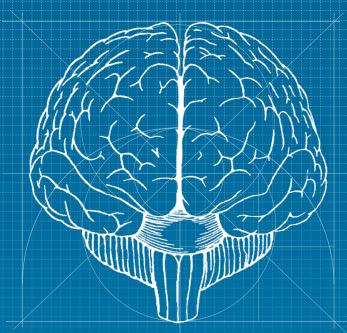
TO TAKE CONTROL

AND FOR MORE INFO AND TIPS CHECK OUT:

**NEVER TOO EARLY** 

## BIJEREDU BIJEREN FOR HIV AND HEALTHY LIVING

FIND SOMEONE TO TALK TO AND SURROUND YOURSELF WITH GOOD SOCIAL SUPPORT.



#### MAKE YOUR PLAN TO KEEP A HEALTHY

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www.yourbodyblueprint.org.au

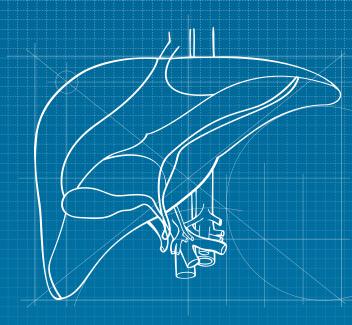
TO TAKE CONTROL

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## **SOUR BODY BUIZER BODY** FOR HIV AND HEALTHY LIVING GET VACCINATED FOR HEP A & B.

EAT WELL AND DRINK IN MODERATION.



#### MAKE YOUR PLAN TO KEEP A HEALTHY



AND FOR MORE INFO AND TIPS CHECK OUT:

TO TAKE CONTROL

EARLY

**NEVER TOO** 

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#### **EXAMPLE 2000 EXAMPLE 2000** FOR HIV AND HEALTHY LIVING TALK TO YOUR DOCTOR ABOUT TREATMENT AND VACCINATIONS.

MAKE YOUR PLAN TO KEEP A HEALTHY



TO TAKE CONTROL

AND FOR MORE INFO AND TIPS CHECK OUT:

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# **XOUR BODY BUJEPRONT** FOR HIV AND HEALTHY LIVING

#### IT'S NEVER TOO EARLY TO TAKE CONTROL

For info and tips on healthy living with HIV check out:

#### www.yourbodyblueprint.org.au



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