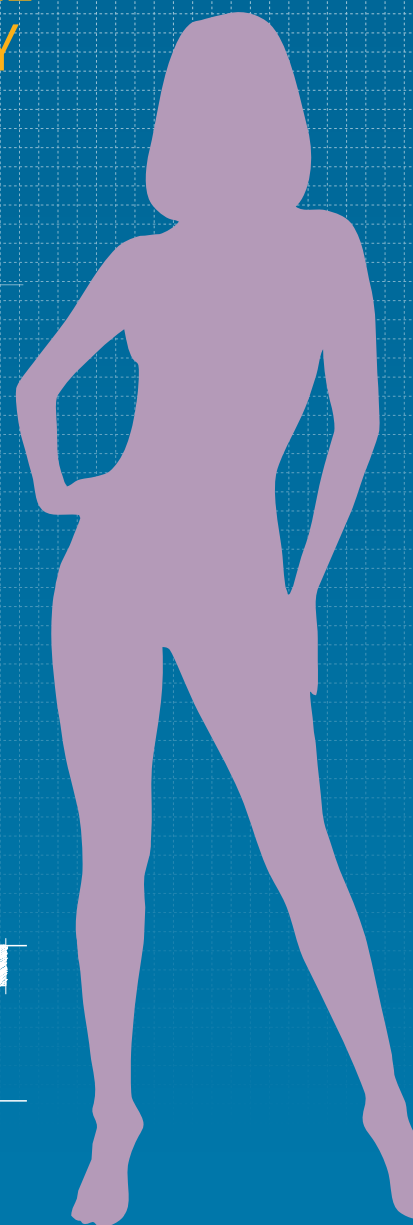
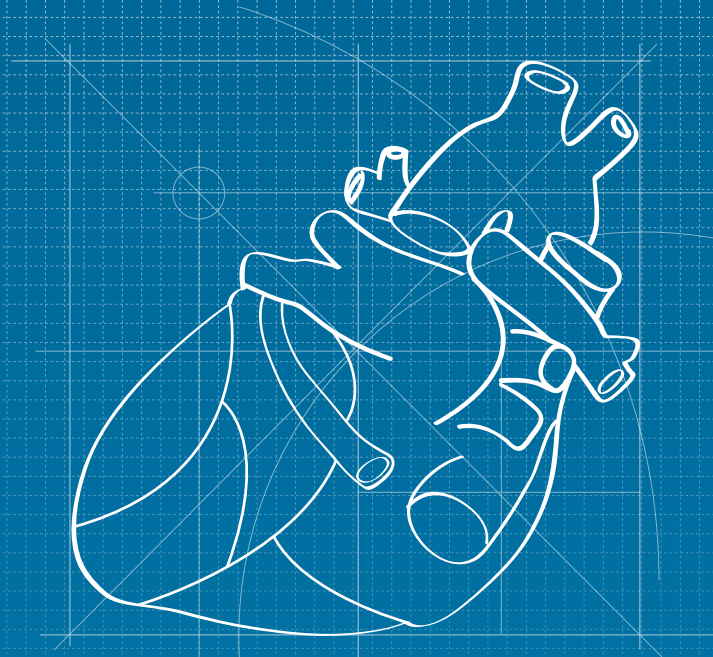
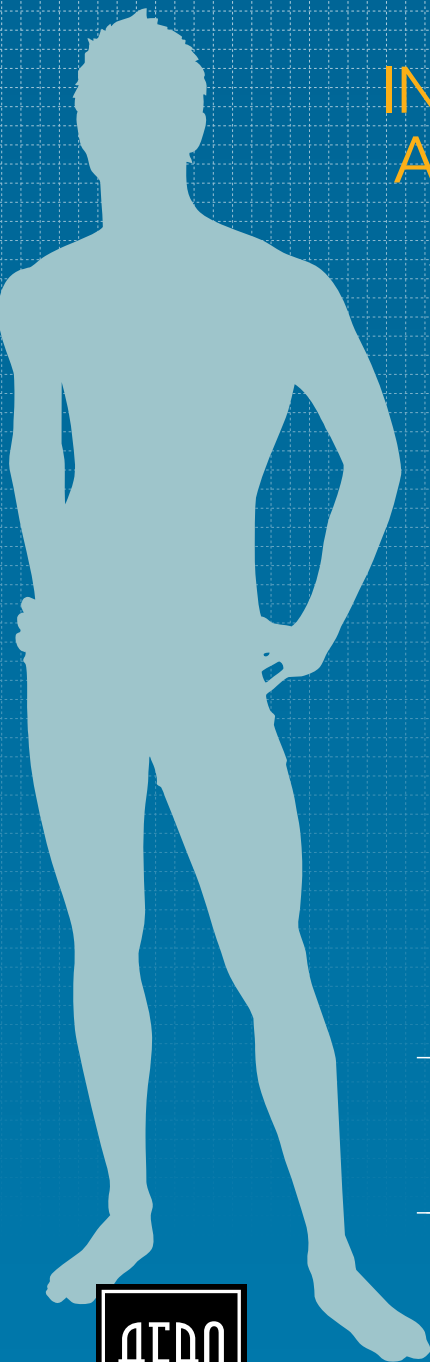


YOUR BODY BLUEPRINT

FOR HIV AND HEALTHY LIVING

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



MAKE YOUR PLAN TO
KEEP A HEALTHY

HEART

IT'S NEVER TOO EARLY
TO TAKE CONTROL



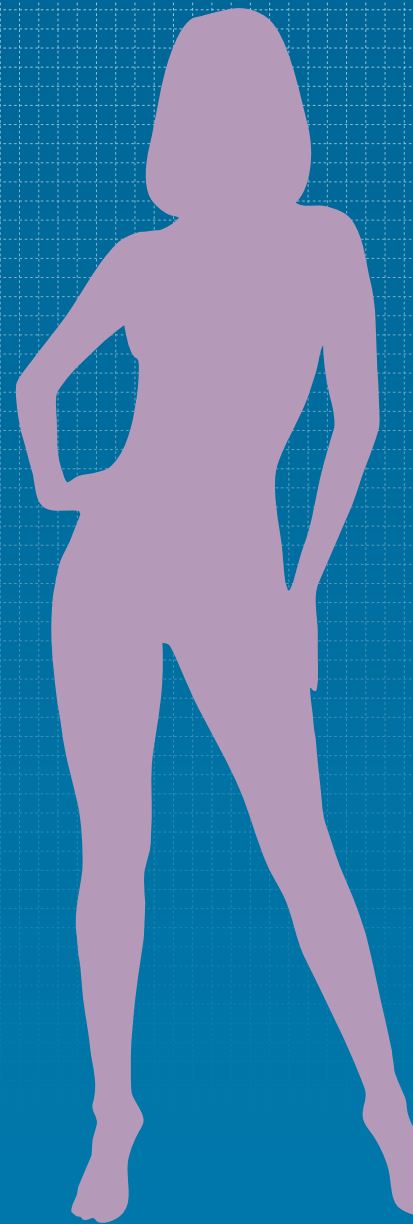
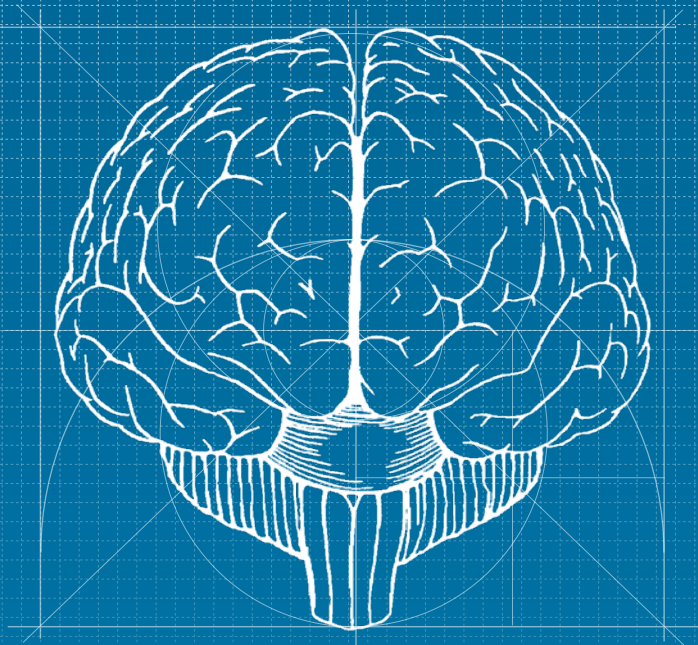
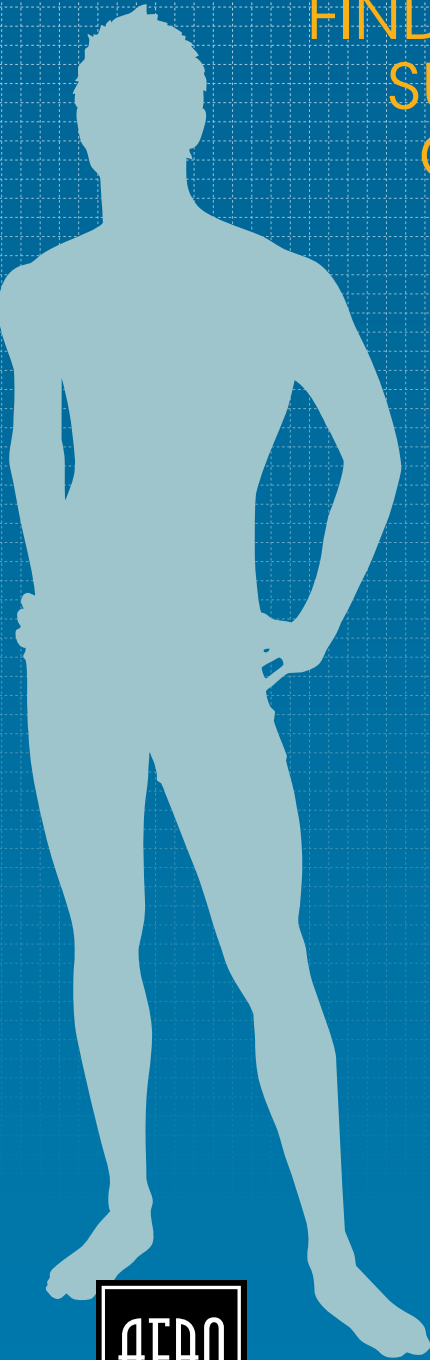
AND FOR MORE INFO AND TIPS CHECK OUT:

www.yourbodyblueprint.org.au

YOUR BODY BLUEPRINT

FOR HIV AND HEALTHY LIVING

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



MAKE YOUR PLAN TO
KEEP A HEALTHY

MIND

IT'S NEVER TOO EARLY
TO TAKE CONTROL



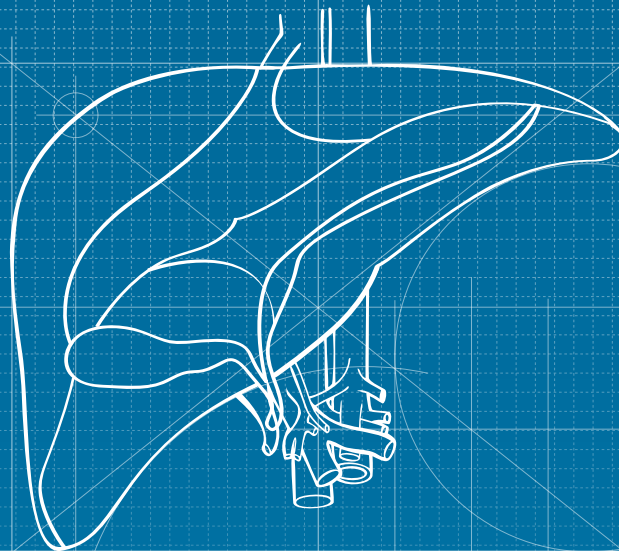
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YOUR BODY BLUEPRINT

FOR HIV AND HEALTHY LIVING

GET VACCINATED FOR HEP A & B,
EAT WELL AND DRINK
IN MODERATION.



MAKE YOUR PLAN TO
KEEP A HEALTHY

LIVER

IT'S NEVER TOO EARLY
TO TAKE CONTROL



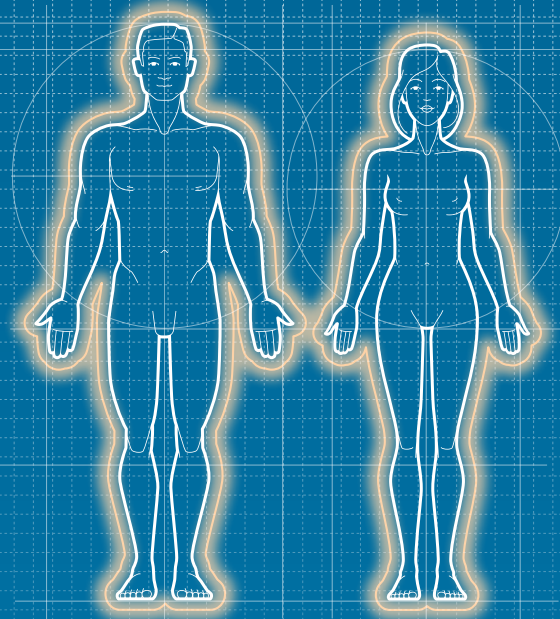
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YOUR BODY BLUEPRINT

FOR HIV AND HEALTHY LIVING

TALK TO YOUR DOCTOR ABOUT
TREATMENT AND VACCINATIONS.



MAKE YOUR PLAN TO
KEEP A HEALTHY

IMMUNE SYSTEM

IT'S NEVER TOO EARLY
TO TAKE CONTROL



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YOUR BODY BLUEPRINT

FOR HIV AND HEALTHY LIVING



IT'S NEVER
TOO EARLY TO
TAKE
CONTROL

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

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napwha

