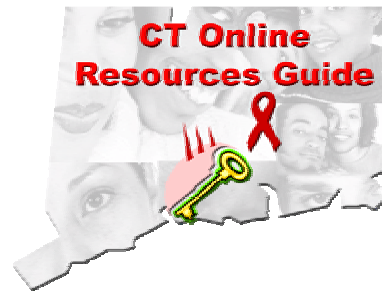


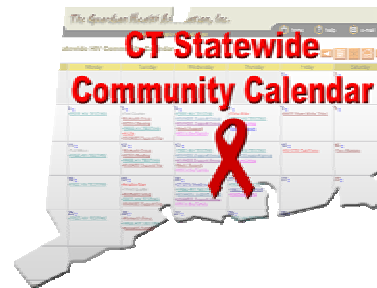
## “What You Don’t Know . . .”

- ◆ Do you know of anything that can help make your meds work better and/or minimize any possible harmful side effects?
- ◆ Do you know potential problems combining HIV medications with other kinds of supplements like vitamins and herbs?
- ◆ Do you know the benefits of exercise/proper supplemental nutrition and how to implement them?
- ◆ Do you understand the practice of alternative therapies, such as meditation, massage, acupuncture or reiki?
- ☑ *If you don't know the answers to these questions, you can talk to others to find out.*
- ☑ *If you already know all about them, then perhaps you would like to share your positive experiences with others.*



*For more ideas, tips, resources and links to other sources of important information please visit our web site at:*

[www.guardianhealth.org](http://www.guardianhealth.org)



*Keep informed about local community events and medical updates by joining our e-list **CTHIVUpdate**  
For local public policy and legislative alerts join **CTHIVAlert**  
See the HIV page for details.*

The Guardian Health Association, Inc

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The  
Guardian Health  
Association, Inc.

*Acting, sharing, and  
seeking knowledge  
together.*

Free  
Membership  
& Donation  
Form



Knowledge = Power  
Action = Life  
Healing = Wholeness

## Who We Are

The Guardian Health Association Inc. is a not for profit organization comprised of individuals living with, and/or directly affected by, HIV/AIDS and other chronic long-term illnesses. We are on a healing journey, and share our experience, strength, and hope as we explore various options in caring for each other and ourselves.

We view healing as an intensely personal experience and believe in a holistic approach that involves psychological, spiritual, physical, cultural, and the special needs of the individual.

The Guardian Health Association, Inc. does not endorse nor oppose members' viewpoints and/or regimes, products, politics, or particular healing modalities and methods, but does support and encourage each person with HIV/AIDS to seek out what works for them.



## Knowledge = Power

Long Term Survivors know that the best way to stay healthy is to take their medications as prescribed, and to be aware of possible complications and side effects that they may cause. Not everybody gets the same side effects, and some of them can be easily managed. Some, however, can be fatal and lead to serious complications. The best way to know the difference is to be aware and talk about them to your health care provider and other individuals like yourself.

## Action = Life

We believe that the best formula for success is to be actively involved in making a difference in your own health outcomes and helping others. By staying connected, sharing information, hope, and healing energy we grow stronger and more enlightened.

## Healing = Wholeness

We believe that to heal is to make whole, and that good health results when the mind, body, and spirit are in balance and functioning as they should. Being whole is also being connected to and being very much a part of your environment. We seek to create health and wellness through information and support.

## Membership Application/ Donation Form

*Membership is free, and is open to all persons living with, or affected by, HIV/AIDS.*

What Kinds of information would you like to see more of?

Living Well with HIV  
Managing Side Effects  
Medical Management  
New Developments

What are the best meeting times for you?

Early AM (9 am—11)  
Lunch Time  
Later Afternoon  
Early Evening

How would you like to be kept informed?

Send me mail  
Email me  
FAX me  
Please Do Not Contact me



Comments:

Tax deductible donation amount

Designation (if any) for donation

Name

Address

Phone

FAX

Email

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