

## Potential Benefits

- An improved sense of psychological and emotional well-being
- Improved quality of life
- Increased sense of control and calm about HIV+ health issues
- Increased network of HIV+ friends
- Improved immune system functioning
- Improved level of safe behavior and risk-reduction
- Enhanced level of adherence to medication schedules
- Fewer HIV-related symptoms
- Slowing, halting or reversing the progression of HIV disease
- Improved quality of your overall HIV+ health
- Long term survival and non-progression

These sessions are not meant to replace your medical care, but rather to support the efforts of your medical team.

*"My partner died two years ago, and since that time all I thought about was life without him. I was full of anger and pain. I began drinking heavily and forgot about taking my pills. My L.I.F.E. counselor helped me to see that there were possibilities beyond my life with John. Today, I am clean and sober and my viral load is undetectable! I miss John, but I know that I can move forward with my new life." — Mario*



The L.I.F.E. Program® is produced by the Shanti L.I.F.E. Institute in San Francisco.



The L.I.F.E. Program® is provided in Kansas City through Good Samaritan Project, Kansas City Free Health Clinic and Swope Health Services.

For more information or to attend a session contact any of these agencies.



Good Samaritan Project  
3030 Walnut  
Kansas City, MO 64108  
(913) 371-8400 ext 35  
[www.goodsamaritanproject.org](http://www.goodsamaritanproject.org)



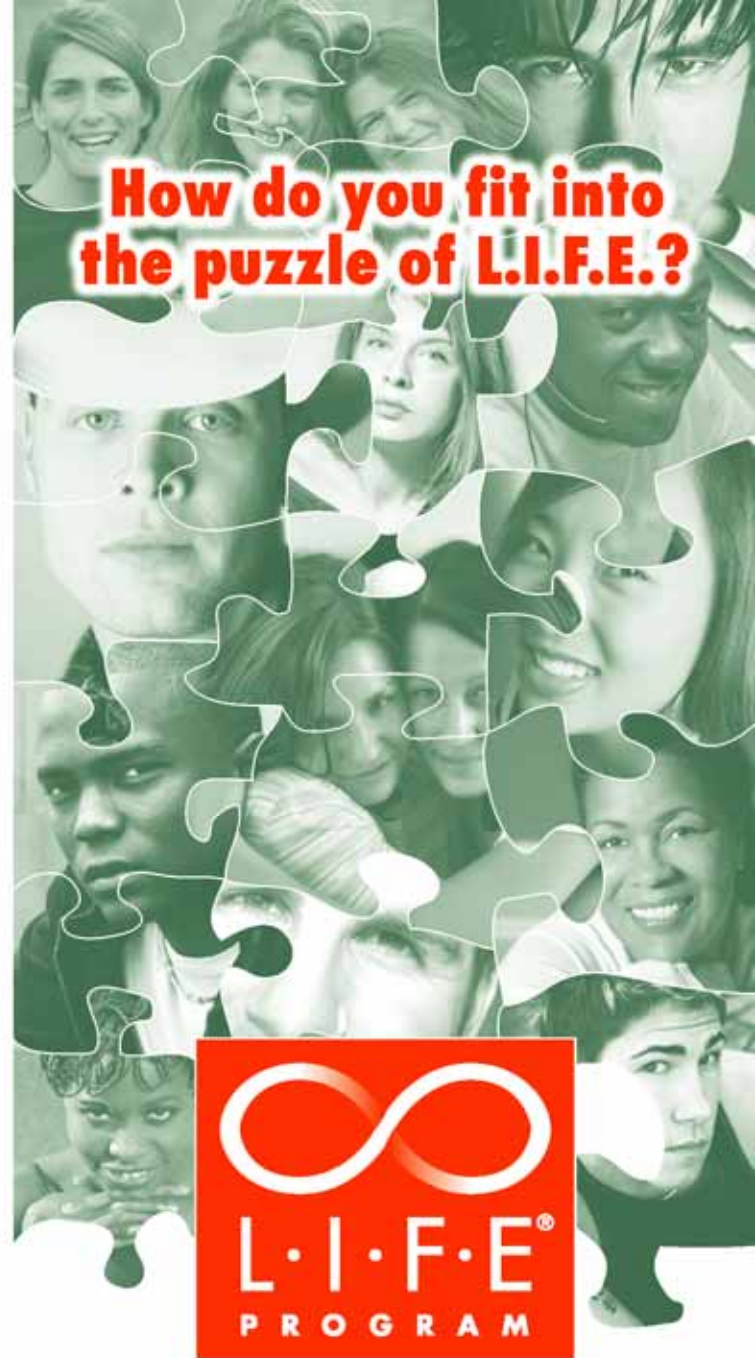
Prevention Case Management  
3515 Broadway  
Kansas City, MO 64110  
(816) 753-5144  
[www.kcfree.org](http://www.kcfree.org)



Swope Health Services  
3801 Blue Parkway  
Kansas City, MO 64130  
(816) 923-5800 ext 4039  
[www.swopehealthservices.com](http://www.swopehealthservices.com)

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# How do you fit into the puzzle of L.I.F.E.?



**If you're living with HIV,  
you can learn to be a  
long-term survivor.**



# Learning Immune Function Enhancement



The L.I.F.E. Program® (Learning Immune Function Enhancement) is a mind-body health counseling and peer support program designed to boost the immune system, reduce risk behavior and enhance adherence to health routines, including medication schedules.

Based on current research literature in psycho-neuro-immunology (PNI), medicine, psychology, and allied health sciences, the program provides step-by-step guidance to assist you in creating and putting into action a practical plan for increasing immunity, safe behavior and health.

The L.I.F.E. Program® emphasizes health education, support from HIV+ peers, social connecting, group discussion, individual counseling, and the promotion of personal commitment to health decisions.

If you are a person living with HIV or AIDS, the L.I.F.E. Program® can help you get healthier and stay healthy, New Sessions will be starting soon. Please join us.



## Our L.I.F.E. workshop includes

- A 16-week mind-body health program for HIV+ people
- Individual health counseling sessions
- Your own personal L.I.F.E. guidebook
- Connecting with peers to create trust and support
- Services provided by both health professionals and peer counselors
- Psycho-educational group format



## Cofactors can:

- Speed up or slow down the progression of HIV symptoms or AIDS in an HIV+ person
- Increase or decrease the frequency of risky or safe behavior
- Boost or suppress immune system functioning
- Enhance or reduce adherence to health routines, including medication schedules



**Your potential for developing and maintaining HIV+ health can be greatly increased by managing your cofactors.**

## The Cofactors

### Body

**Primary health care** – Develop open communication and collaborative relationship with medical professionals

**Body care** – Develop good breathing, eating, exercise, sleep and water intake habits

**Toxins and germs** – Develop good habits that limit exposure to toxins and germs

**Health routines** – Overcome obstacles to adhering to medical and body care routines

### Mind

**Coping skills** – Develop strategies for adapting to sudden or distressing changes

**Grief and depression** – Develop ways to express what you are feeling and seek support

**Self-assertiveness** – Say “yes” to the things you want and “no” to the things you don’t want

**Sustained survival stress** – Manage stress, develop coping skills, and learn how to relax

**Beliefs about disease progression** – Inquire into your beliefs and develop optimistic thinking and minimize fatalism

### Spirit

**Trusted support and self-disclosure** – Reduce stress through open, safe communication with others

**Safe behavior** – Avoid activities that could expose you or your partners to an infectious disease

**Life goals** – Establish realistic short and long term goals to heighten sense of life participation

**Altruism and spirituality** – Develop concern for the wellbeing of others and appreciation of the interconnection of life

