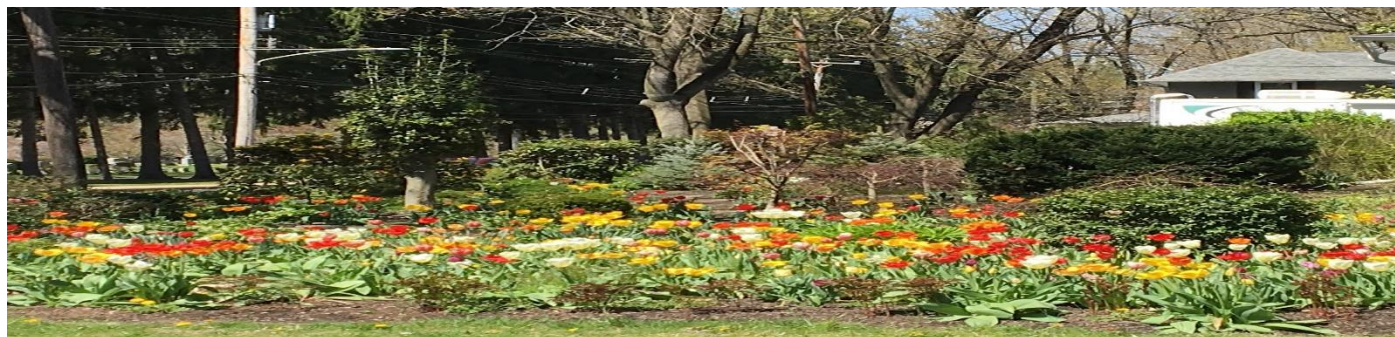


# Life Skills Presentations



**Workshops are Open to Anyone HIV + Living in Orange County.  
Los Seminarios son para personas con HIV+ Viviendo en Condado de Orange**

## **Positive U**

Positive U meets on the first and third Thursdays of every month from 10:30 AM - 12:30 PM.  
Please RSVP as soon as possible, limited space.  
Contact Ed Zavala at 949-809-5781 To reserve a spot.

## **Viviendo Positivamente**

Seminarios para la vida diaria se reúne el segundo y cuarto jueves de cada mes de 10:30 AM a 12:30 PM. Confirme su asistencia lo antes posible, el espacio está limitado.  
Contacta a Ed Zavala al 949-809-5781 para reservar un lugar.

| <b>Positive "U" Dates</b> | <b>Topic</b>  | <b>Presented by</b>                      |
|---------------------------|---------------|--|
| April 4 <sup>th</sup>     | Mental Health | Chris Bickel<br>Radiant Health Centers   |
| April 18 <sup>th</sup>    | TBD           | Rousana Ansari<br>Radiant Health Centers |

| <b>Viviendo Positivamente Fechas</b> | <b>Tema</b>                              | <b>Presentado por</b>                   |
|--------------------------------------|--|---|
| April 11 <sup>th</sup>               | <b>Apropiada Comunicación con su PCP</b> | <b>Karla Torres<br/>Gilead</b>          |
| April 25 <sup>th</sup>               | Simple Budgeting for Beginners           | Edward Zavala<br>Radiant Health Centers |



**17982 Sky Park Circle Suite J  
Irvine, CA 92614**

