

MANITOBA CHAMPIONS

THIS JOURNAL CONTAINS MEMORABLE
EXPERIENCES FROM THE MANITOBA
CHAMPIONS TRAINING COURSE IN 2023



National Collaborating Centre
for Infectious Diseases
Centre de collaboration nationale
des maladies infectieuses



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TOPIC OF THE DAY HIV & Healthy Living

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THE REASON WHY

We wanted to learn about self care behaviours that help support health & well-being for PLHIV & other STBBI'S

HOW WE DID IT

Sarah Ross, RD, shared a presentation about self-care, well-being, eating well, and enjoyable movement. She shared examples of how we can apply these things in our lives

WHAT WE LEARNED

We learned the importance of self-care and that taking care of ourselves and our health consists of many key components- managing stress, getting enough sleep, eating well, and making time for enjoyable movement. We had lots of specific questions about nutrition and Sarah was able to help us clarify some of them.

THE FACILITATOR

Sarah Ross, RD

THE EXPERIENCE





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