



Mary Washington Healthcare

Wellness Program



Consumer Meetings 2019



Please join us! All Meetings will be held in the Tompkins Martin Building Classrooms from 5:00 p.m. – 6:30 p.m. *unless otherwise noted. Please feel free to stop by prior to the start of any meeting to meet with us in the MW Wellness office.

MW Wednesday Wellness Warriors, 2nd Wednesdays 5:00 p.m. - 6:30 p.m.

- February 13, 2019
- March 13, 2019
- April 10, 2019
- May 8, 2019
- June 12, 2019
- July 10, 2019 (Graduation)

This new program focuses on the overall health and wellness of persons living with HIV/AIDS. Education, incentives and dinner are provided for all attendees of each session.

Self-Support Group: *3rd Tuesdays 5:00 p.m. - 6:30 p.m.

- February 19, 2019
- April 23, 2019
- May 21, 2019
- July 16, 2019
- August 20, 2019
- October 15, 2019
- November 19, 2019

This meeting is led by peers who are living with HIV/AIDS and provides a safe space for open discussion, questions and support from fellow persons living with HIV/AIDS in our community. Snacks and beverages are provided to all attendees. (Held monthly except CAB meeting months in March, June, September, & December)

Consumer Advisory Board (CAB), *Quarterly, Tuesdays 5:00 p.m. - 6:30 p.m.

- March 19, 2019
- June 18, 2019
- September 17, 2019
- *December 1, 2019
(World AIDS Day Event,
11:00 a.m. – 12:30 p.m.)

This meeting invites active consumers within the MW Wellness Program to share barriers to care and strategize to fully meet the needs of the community we serve.

*****Please call at least 48 hours in advance if you need transportation to a meeting*****

**For more information about the
Mary Washington Wellness Program,
Call 540.374.3277**

Hours: 8:30 a.m. to 5:00 p.m. Monday - Friday

