

# PROTECTING YOUR BRAIN WHILE LIVING WITH HIV

Thanks to improvements in HIV treatment, people living with HIV are living longer than ever before. As a result, it's important for people living with HIV to take care of their brain for a long, healthy life while aging. Below are some tips to age well while living with HIV:

Monitor your **heart health**

Follow a **healthy diet**

Maintain regular **physical activity**

Keep your **mind active**

Manage your other health conditions, **including your HIV**

Stay **socially engaged**

Join us for a webinar  
to learn more

Wednesday, April 7  
7:00-8:00pm

Register here:  
<https://michmed.org/axR99>

Friday, April 23  
3:00-4:00pm

Register here:  
<https://michmed.org/zBj4Z>



To protect the confidentiality of our attendees, our events are held on Zoom Webinars, rather than Zoom Meetings. Zoom Webinars does not allow participants to share their camera or audio. Questions can also be asked anonymously during the presentation to further safeguard privacy. For more information, contact Kate Pierce at [kpierce@alz.org](mailto:kpierce@alz.org).