

What is HealthWell?

CHN's Healthy Aging Program aims to improve the physical and mental health outcomes of older adults (aged 50 years and older) living with HIV, throughout Colorado. The three components of the program include:

- **Physical Activity:** To support and engage you in regular physical activity.
- **Nutritional Counseling:** To support nutritional health.
- **Social Support:** To address the need for social engagement and support.

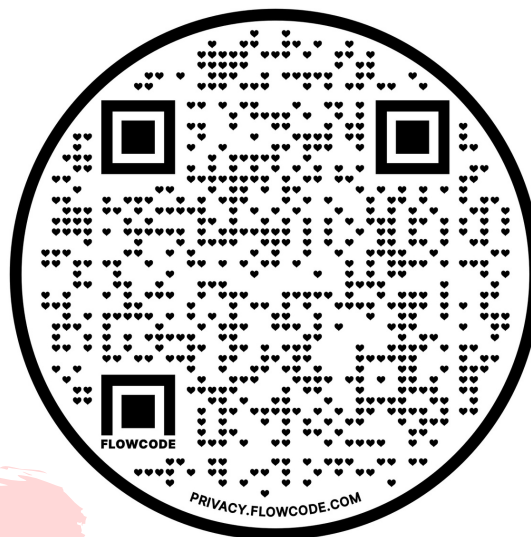
LEARN MORE

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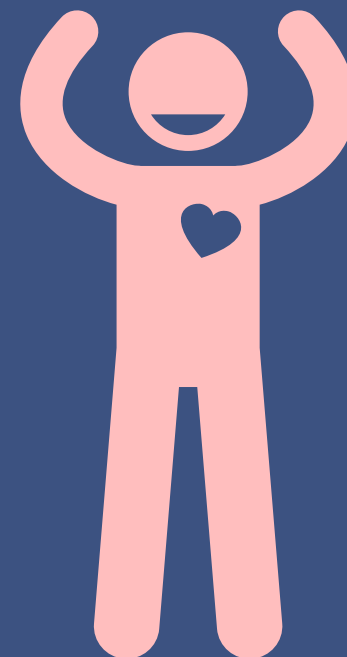
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OR SCAN OUR QR CODE



HEALTH WELL

HEALTHY AGING &
WELLNESS FOR FOLX
(50+) LIVING WITH
HIV/AIDS



PHYSICAL ACTIVITY

Clients participating in HealthWell will be provided with a fitness tracker to support regular participation in physical activity opportunities. These include:

- **Walking challenges-** Clients will be asked to report daily step counts for the prior week, and are encouraged to increase their step goal each week.
- **Low Impact exercise classes-** Each week, CHN will host in-person and virtual exercise classes led by certified instructors.
- **Group walking tours-** HealthWell will coordinate biweekly group walking tours around Denver Botanic Gardens and a number of other outdoor spaces.



SOCIAL SUPPORT

HealthWell personnel will facilitate semi-weekly, virtual or in-person focus groups for a 1-2 hour period. These groups create opportunities for virtual and in-person socialization. Along with the socialization aspect, the groups also serve as a time for HealthWell staff to present on issues related to healthy aging with HIV/AIDS. Topics include fall prevention, nutrition, advanced care planning, etc.



**CONNECT WITH
OTHER OLDER
ADULTS LIVING
WITH HIV!**

NUTRITIONAL COUNSELING

Clients participating in the HealthWell program will be provided with a few hours of nutritional counseling with a licensed nutritional counselor. Clients will work with nutritional counselors to coordinate a personalized plan to help improve their nutritional health. In addition, nutritional counselors will work with clients on achieving nutritional goals, assess progress, and provide advice and feedback on how to target the root of nutritional challenges they may be facing.

