

# What is PATH2Wellness?

CHN's Healthy Aging Program PATH2Wellness aims to support physical and mental health outcomes of older adults (aged 50 years and older) living with HIV. Programming is open to participants who do not receive care at CHN. The three components of the program include:

- **PATH2Connection:** Supported through weekly social circles sharing resources and activities to improve connection and quality of life
- **PATH2Movement:** Supported through weekly pedometer-based step goals and low-barrier physical activities.
- **PATH2Nutrition:** Supported through nutrition education and grocery store gift cards

# PATH2 WELLNESS

PEOPLE (50+) AGING &  
THRIVING W/ HIV

## LEARN MORE



Reach out to our team  
or for more  
information to sign up!

**Haley Sanner,**  
**Aging Programs Manager**  
haley.sanner@  
coloradohealthnetwork.org  
303.962.4466

**Text/Call Program Cell:**  
303.921.2283



# MOVEMENT

Participants will be **provided with a fitness tracker** to support regular participation in physical activity opportunities. These include:

- **Weekly Walks** at the Denver Botanic Gardens on Wednesdays
  - Nov - Mar: 1-2pm
  - April - Oct: 10-11am
- **Walking challenges** - Clients are asked to report weekly step counts with encouragement to increase steps.
- **Low Impact exercise resources** During Social Circle sessions, CHN will share resources to support physical health through exercise and functional training.



# CONNECTION

Weekly Social Circle is offered both virtually & in-person at the CHN office (hybrid):

**Denver CHN Office:**  
Thursdays from 3-4pm

**Colorado Springs CHN Office:**  
Fridays from 2-3pm

**Socialization & Resources:**  
PATH2Wellness members have opportunities to connect and hear from community experts on issues related to aging and HIV including fall prevention, healthy living, creativity, advanced care planning, participants passions and more!



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

# NUTRITION

- **Weekly Healthy Snacks** - During Social Circle sessions, CHN provides examples of nutritious snacks.
- **Grocery Store Gift cards** - For every Social Circle attendance, enrolled clients receive a \$15 grocery gift card to support access to food locally (as funding allows)
- **Nutritional Support Resources** - During Social Circle sessions, CHN will share resources and conversations to support nutritional health.

