



March/April 2012  
Vol. 25, No. 2

# Words of Wellness

*The Shepherd Wellness Community Newsletter*

## Join Us For Our 25th Anniversary City Theatre AIDS Benefit

The Shepherd Wellness Community Annual City Theatre AIDS Benefit is always an exciting event. Each year friends of SWC gather for a fantastic evening held at one of Pittsburgh's most adventurous theaters.

This year's event on Friday, May 4, will be a special celebration of our 25th anniversary.

The evening will begin at 5:30pm with an open bar, hors d'oeuvres and bidding on our fabulous silent auction prizes. At 7pm a brief celebration of our anniversary will be followed by *Pop!*, a 90-minute musical about Andy Warhol by Maggie Kate Coleman and Anna K. Jacobs. The silent auction will continue during intermission with complimentary coffee and soft drinks. Following the performance enjoy a dessert and coffee reception and pick up your auction prize.

Peter Marks, theater critic for the *Washington Post*, described *Pop!* as "a musical tumble down the curious rabbit hole of artist Andy Warhol." Centered around the night he was shot and seriously wounded in June 1968 by one of his hangers-on, the plot unfolds as a whodunit. Yet instead of stuffy Sherlock Holmes types snooping around for clues, Warhol's famous It Girls - Candy Darling, Edie Sedgwick and Viva - preside over the investigation. Tweedy jackets and wool pants are replaced with dazzling mini skirts and sizzling hot pants.



Snap, crackle, *Pop!*

General admission tickets cost \$85; premium tickets are \$125. Purchase tickets online at [www.ticketleap.com](http://www.ticketleap.com) or call the SWC office at 412-683-4477.

Event sponsorships at various levels are also available on our website or contact the SWC office.

Your support of our Theatre Benefit helps us continue our HIV/AIDS programs at the only AIDS community center in Western Pennsylvania.

*Wellness for people affected by HIV/AIDS*

# SWC News

## SWC – How We Began

In the summer of 1987, Father Lynn Edwards met with four young men living with AIDS, a social worker and a physician to discuss the effects of AIDS and HIV infection in the Pittsburgh area. Then, as today, Pennsylvania was among the 10 states with the most cases of AIDS. Yet there was no place in Pittsburgh where people with this disease could socialize with their partners, families and friends in a safe and secure setting. From this meeting Shepherd Wellness Community grew as a gathering place and resource center for people with HIV/AIDS and their loved ones. The first dinner was held October 1987, and the tradition of nourishing meals with AIDS educational programs, peer support and socialization continues to this day. Now, 25 years later, our grassroots group has grown from a few people sitting around a kitchen table into the only AIDS Community Center in Western Pennsylvania.

Shepherd Wellness Community does not endorse any advertised services or products in this newsletter. Consult your healthcare provider before adopting any medical or nutritional changes.

## Qigong Class Returns

Back by popular demand, Qigong class will begin on March 5 and will be held on Mondays through April.

Qigong (pronounced “chee-gung”) is a practice of aligning breath, movement, and awareness for exercise, healing, and meditation.

Typically a qigong practice involves rhythmic breathing coordinated with slow stylized repetition of fluid movement and a calm mindful state. Qigong is now practiced throughout China and worldwide, and is considered by some to be exercise, and by others to be a type of alternative medicine or meditative practice.

## Eyetique and 3 Guys Optical Will Donate 2% Of Sales To SWC

These chic local eyeglass boutiques will donate two percent of the purchase price to Shepherd Wellness

Community. This charitable program will continue throughout the year. For store locations and hours visit their website at [www.eyetique.com](http://www.eyetique.com).



5020 Center Avenue, Pittsburgh PA  
(Next to Shadyside Hospital near the intersection of Morewood & Center Avenues)

## Share Your Memories For Our 25th Anniversary

To commemorate our 25th anniversary we are asking our friends and members to send us your remembrances, personal stories or reflections about how Shepherd Wellness Community has impacted your life.

We will publish some of them in *Words of Wellness* or on our SWC website. Please email your story and contact information to [office@swconline.org](mailto:office@swconline.org).

## Certification Reminder

Ryan White (RW) federal funding now requires SWC members to certify as eligible for RW-funded services by providing verification of HIV+ diagnosis, identity, medical care, medical insurance, residency and household income. The process is simple and takes only a few minutes.

A packet of information was mailed to all our members in December and additional copies are available by calling the SWC office. Members may certify at SWC or at any RW medical or service provider.

SWC programs are provided at no charge to our certified HIV positive members and their children under 18. Non-certified HIV-positive members pay \$6 (half price) for a meal and \$12 (half price) for a program.

Because RW funding no longer provides funding for guests we have set the following fees for guests accompanying a member to our programs: first guest pays \$6 meal and \$12 program, additional guests pay \$12 meal and \$24 program.

We at the Medicine Shoppe Pharmacy handle all of your prescription needs with **confidentiality, courtesy and respect**. Use our **free delivery or mailing service** to your home or business when you find it inconvenient to stop by the store.

**It's all in the package.** Ask us about our **compliance packaging** that ensures you get the correct medication and the correct dose at the correct time. **Morning, afternoon, evening and bedtime packs** you can take with you. No more pill boxes!

**For more information call us at 412-586-5410 or 1-800-727-3583**

# Programs & Events

## Monday Programs

5:15-5:45pm Meal, 6pm Program

### Qigong- March 5, 12, 19, 26 April 2, 9, 16, 23

Discover the benefits of qigong, the Chinese practice of movement and health. Our beginner class will help you to decrease stress, relieve pain and strengthen your muscles.

**No Program 4/30 (5th Monday)**

## Wednesday Programs

5:15 - 5:45pm Meal, 6pm Program

### Hypnotherapy-March 7, April 4

Hypnotherapist Sven helps with stress reduction, weight loss, anxiety, pain management, smoking cessation and wellness. Because of the nature of the program, latecomers will not be admitted.

### Ceramics-March 14, April 11

Instructor Sandy teaches a beginner class in ceramics. Choose from a variety of items to glaze. There is no charge for SWC-certified members. The first guest with a member pays \$12 to cover the cost of supplies. Additional guests pay \$24.

### Movie Night-March 21, April 18

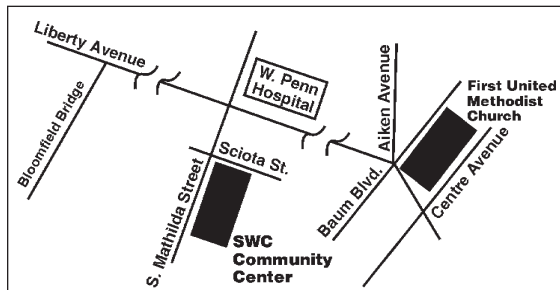
3/21 - 50/50  
4/18 - Ides of March

### Art Therapy-March 28

Members will create panels for our Celebration of Wellness Quilt that will be sewn together and displayed at a dinner in December.

### Relationships-April 25

A group discussion on healthy relationships, friendships and dating with therapist Jan from Persad. Special focus on how relationships are affected by HIV status.



## Friday Wellness Dinners

### 1st & 3rd Friday Wellness Dinners

Join us **March 2 & 16** and **April 6 & 20** at First United Methodist Church in Shadyside for refreshments, dinner and an uplifting social time. Doors open for refreshments at 6pm. HIV+ Support Group starts at 6:30pm. Dinner is served at 7:30pm.

### 2nd & 4th Friday Wellness Dinners

Join us on **March 9 & 23** and **April 13 & 27** at our Center in Bloomfield for refreshments at 6pm, speaker at 6:45pm and dinner at 7:30pm.

**Friday programs are open to our HIV+ members and loved ones.**

### OUTrageous Bingo – 3/10 & 4/28

Doors open 6:30pm, games 7:30pm in Rodef Shalom Social Hall. Reservations: 412-422-0114

### Movie Night Out – 3/13

Join us at Lowe's Waterfront Cinema in Homestead at 6:30pm. SWC will buy tickets for our HIV+ members who have certified and their children 12 and under. Friends are welcome on a self-pay basis (\$7.50).

### Yoga Every Thursday

5:30 at our Center in Bloomfield. Wear loose clothing and eat a light meal before class. Bring a towel (or a mat) and a blanket. Contributions toward the instructor fee are optional.

### Phipps Conservatory – 4/24

Join us for a visit to the Spring Flower Show. Meet at 11am at the main entrance. SWC will buy tickets for our HIV+ members who have certified and their children 12 and under. Friends are welcome on a self-pay basis (\$12).

Monday & Wednesday programs are geared to the needs of adults and open to SWC HIV+ members and adult loved ones.

## SWC Support Groups Support Group for Positive People

(Open to HIV+ people)  
First & third Fridays,  
6:30pm, First United  
Methodist Church

## "Positively NA Way" weekly meeting for HIV+ people

Narcotics Anonymous (NA)  
meeting for HIV+ people  
every Saturday from 7 to  
8pm in our dining room.  
Coffee will be served.

## SWC Mission

Shepherd Wellness  
Community is a safe,  
supportive community  
empowering people  
affected by HIV/AIDS to live  
with dignity.

## Contact SWC

For more information visit  
our website at  
[www.swconline.org](http://www.swconline.org).  
Our email address is  
[office@swconline.org](mailto:office@swconline.org)  
Our fax number is  
412-683-5755  
Our phone number is  
412-683-4477.

## Online Calendar

For details about our  
programs and services visit  
our website at  
[www.swconline.org](http://www.swconline.org).

## Program Committee

### Meeting – April 3

All SWC members are invited  
to give input into the SWC  
program planning process.  
Light dinner 5:15pm - 5:45pm;  
program meeting 6pm - 7pm.

# SWC Memories

25<sup>TH</sup>  
ANNIVERSARY



## In Memoriam

Shepherd Wellness Community members **Diane Vazques** and **Alan Mendelson** recently passed away.

We treasure the memory of our community family members and volunteers who have died. We make every effort to pay tribute to all who have been affected by HIV/AIDS.

I am honored to share some memories about the amazing history of the Shepherd Wellness Community during its 25th anniversary. I'd like to take you back to November 17, 1987, the day SWC held its first potluck dinner. Back then, food and preparation was provided by the attendees. Today, staff and volunteers prepare and serve meals at what we now call Wellness Dinners.

That gathering was the answer to many prayers. In those days, people with AIDS not only faced the fear of death, they also faced the fear of living. At that time, many families and friends shunned people with the disease - as a result, many of us felt alone and afraid. Father Lynn Edwards, one of the founders of SWC, envisioned a community where people with AIDS could support and encourage each other.

Because of the stigma and isolation, people with AIDS craved social interaction with others living with the disease. Due to ignorance in those days, touching a person with the disease was taboo. A simple hug was the ultimate expression of warmth and understanding. Six young men were a vital part of the first SWC dinner. They belonged to the same support group and were among those planning the first dinner. Each of these men were amazing; and their belief in the dignity of mankind helped shape the SWC mission. God so loved them He claimed them decades ago.

Here is a brief description of how I remember each of these men:  
Joe - a leader (SWC's first president). For many years, his family sponsored SWC dinners.  
Lenny - a warm and handsome heartbreaker.  
Ron - a joyful entertainer.  
Bill - he could put a smile on anyone's face.  
Ralph - he enjoyed the holidays, especially Halloween.  
Don - He was unselfish and taught me to love mankind. He was my other half for 21 years.



Left to right: Joe, Lenny, Ron, Bill, Ralph, Don

Shepherd Wellness Community was founded to bring love, care and concern to people infected and affected by HIV/AIDS. Take a moment and hug someone you love to remember and celebrate these six men, who were the embodiment of caring.

That first dinner 25 years ago, and the food now served each week at SWC, are much more than meals - they are tributes to the caring members of our brothers and sisters who paved the way for the Shepherd Wellness Community as we know it.

— Ralph Pence

# Anniversary Wish List



**D**o you remember the early years of AIDS when people with HIV had nowhere to turn for help? Shepherd Wellness Community was the only place that offered meals, comfort and support. When families turned their backs, SWC opened our doors.

Thanks to advances in medical treatment, people with HIV/AIDS live longer, physically healthier lives. But there is no cure for the disease and each year many people become infected. In spite of advances in care and years of public awareness, some HIV+ people are still shunned by family and rejected by friends. Some are just as isolated as HIV+ people were 25 years ago.

SWC continues to welcome people with HIV/AIDS to nutritious meals, social support and wellness programs. Your generous contributions make our work possible.

In honor of our 25th anniversary, please consider underwriting one or more items listed below. Your support is sincerely appreciated and will help us continue to provide services to the HIV/AIDS community.

Please use the enclosed contribution envelope and note the wish list item you want to provide, or go to our website at [www.swconline.org](http://www.swconline.org) to donate now.

## SWC 25th Anniversary Wish List 25 Items needed for our HIV/AIDS programs

1.	SWC restroom renovation remodeling - for handicap accessibility (remaining needed)	\$8,500
2.	New computer for the Coordinator of Programs & Volunteers	\$800
3.	Upright freezer for frozen food storage (DONATED)	Thank you!
4.	Replace old sound system in Center dining room - for presentations, music, meetings	\$750
5.	Commercial food processor for kitchen	\$700
6.	New office desk - to replace old worn out desk	\$600
7.	iHome iP1 Studio Series music system - for fitness classes and programs	\$300
8.	Wii Game Station, games, extra remotes - for member exercise classes and social nights	\$300
9.	Electric water heater for upstairs kitchenette	\$225
10.	8-foot resin tables for meetings, flea market, programs - 4 @ \$175 each	\$175
11.	Shredders for the SWC office - to protect confidentiality of records - 3 @ \$140	\$140
12.	Check printer to automate our check disbursements	\$100
13.	Cuisinart DC-2000 carafe-free system coffee maker	\$100
14.	Aluminum mini blinds for dining room and stairway windows - 5 @ \$90	\$90
15.	Wall-mounted outdoor ashtray	\$75
16.	Large commercial sauté pan for SWC dinners	\$75
17.	Fire extinguishers for Center - 5 @ \$70	\$70
18.	Programmable thermostats for office and auditorium. To save energy costs. 2 @ \$50	\$50
19.	36" X 48" bulletin boards for Center - 2 @ \$50 (DONATED)	Thank you!
20.	Digital meat thermometer for Wellness Dinners (DONATED)	Thank you!
21.	Stainless steel trash can for dining room and auditorium beverage station 2 @ \$30	\$30
22.	Entry mats for auditorium 4 @ \$35	\$35
23.	Stacking padded chairs - for SWC meetings, classes, activities 20 @ \$35	\$35
24.	Table top grills for SWC picnics 3 X \$25	\$25
25.	Resin outdoor stacking chairs for patio 10 @ \$15	\$15

# SWC News

## SWC Board of Directors

Cyndee Klemanski, president  
Christine Zubrow, vice president  
Diana Byas, treasurer  
Elaine Lynch, secretary  
Rev. J. Howard Cherry  
Bob Fierst  
Bill Friedlander  
Bruce Kraus  
Dan Molcsan  
Beverly Pollock  
Marty Seltman  
Kevin Seybold

## Board Emeritus

Rodger Beatty

## Founder

Fr. Lynn C. Edwards

## SWC Full-time Staff

Scott Peterman  
executive director

## SWC Part-time Staff

John Glotfelty  
maintenance coordinator  
J. H. Harrison  
wellness dinner support  
Paul Hawkins  
peer counseling  
Phil Herrington  
coordinator of programs & volunteers  
Bernard Highling  
financial assistant  
David Kelchner  
accounting assistant  
Kris Kepler  
wellness dinner coordinator  
Victoria Kuzma  
food preparation coordinator  
David Lydon  
peer counseling/administration  
Ray Morris  
wellness dinner support  
Colleen Van Tassell  
newsletter editor/media

## SWC Volunteer Staff

Patrick Journet  
wellness education coordinator

## SWC Affiliates

Ky Eaton  
flea market coordinator  
Don Finch  
support group facilitator

## In Memory Of

### Bill Brown

from T. R. Butler

### Art Culver

from Anonymous

### Kevin O. Gessler

from James and Patricia Nowalk

### Chuck Leslie

from Valerie Vogel

from Bill & Lynn Nawrocki

### Brian MacArthur

from Marilyn MacArthur

### Lee Mathis

from Virginia Mathis

### John P. McCloskey

from Marion McCloskey

### The Pollock Boys

from Esther Norris

### Rev. William C. & Charlotte Sheller

from G. Dale Greenwald

### Ed Schultz

from Doug Clewett

### DeWayne Thomas

from Wayman T. Nelson

### Ric Witt

from Mitchell Leib & Michael Ferraro

### Drew Woods

from Steve Woods

### Tim Zerr

from George Bradley

### Paul Zimmerman

from Doug Clewett

## In Honor Of

### 3 M Study Staff at Pitt Nursing

from Anonymous

### Heidi Brayer

from Paul W. Brayer

### Shawn Dominick

from T. R. Butler

### Fr. Lynn Edwards

from All Saints Episcopal Church

from Dr. Diane Duntley

### Reverend Founder

from Carl W. Brown, Jr.

and Mark A. Skonetz

### Beverly Pollock

from Anonymous

from Temple David

### August Pusateri

from Anonymous

### Marty Seltman, M.D.

from Anonymous

### Christine Zubrow

from Anonymous



## Thank You!

### Wellness Dinner Volunteer Groups

BNY Mellon

GAP

GLCC

The Marys Softball Team

PNC Proud

Shadyside Presbyterian Church

St. Paul Cathedral

UPMC St. Margaret

### January - February Wellness Dinner Sponsors

Paul J. Schmitzer

GAP

GLCC

Shadyside Presbyterian Church

## Special Thanks To...

• Jay Blackford for donating tickets for our outing to the Pittsburgh Zoo and PPG Aquarium

• Maggie Ann Brooks for organizing the Fill a Bag project for Shepherd Wellness Community



# We Need You!

## 3186!

### Help SWC through United Way Contributor Choice

When filling out your United Way pledge form, please specify Contributor Choice Code 3186 for a portion or all of your United Way contribution to go to Shepherd Wellness Community.

3186, that's us: Shepherd Wellness Community, the only AIDS community center in Western Pennsylvania.

As a nonprofit organization providing supportive services and life-enhancing activities for people with HIV/AIDS and their families and friends, we depend on your tax-deductible donations to help defray our expenses.

United Way Contributor Choice dollars can help us reach that goal.

Remember Shepherd Wellness Community when selecting your Contributor Choice through United Way.

## How You Can Volunteer at Shepherd Wellness

We are always delighted to welcome volunteers to Shepherd Wellness Community. As our programs and services continue to grow, we need your help more than ever.

We appreciate your efforts and are grateful for the time you volunteer.

If you want to become involved with SWC but are not sure how, here are some suggestions.

### Volunteers help at:

- our 1st & 3rd Friday dinners at First United Methodist Church. Sign up online through our website at [www.swconline.org](http://www.swconline.org)
- mailing parties for programs and fundraisers
- special short-term events
- OUTrageous Bingo (August through May)
- 2nd & 4th Friday dinners at our SWC Center in Bloomfield
- serving on an SWC work team or committee

Since there's no charge to members for SWC services, volunteers are crucial to our programs.

All Wellness Dinner volunteers are scheduled by signing-up on our website. Go to [www.swconline.org](http://www.swconline.org) to volunteer.

## Opportunities for Support Underwriting SWC Programs

**\$1,000** – One issue of *Words of Wellness* newsletter (mailed to more than 2,400 homes) includes full-page ad and sponsorship acknowledgments

**\$400** – Six alternative or holistic therapy or fitness classes

**\$250** – Food for SWC Annual Picnic in August

**\$175** – 2nd or 4th Friday dinner

**\$100** – Quality of Life outing (bowling, movie, etc.)

**\$12** – One Wellness Meal at our center

### Underwriting AIDS Community Center

You may designate your contribution of any amount to SWC to be used for our Center operations and maintenance.

All donations to the Shepherd Wellness Community are tax-deductible and promptly acknowledged.

## Words of Wellness Newsletter Advertising

Advertising in *Words of Wellness* helps defray the cost to produce and mail our newsletter to more than 2,400 households bimonthly.

It's also a great way to notify the Community about your services.

### Words of Wellness advertising rates

**\$500** Three-Quarter page ad (6" w x 7.25" h); \$1,300 for 3 issues

**\$375** Half-Page ad (6" w x 5" h); \$950 for 3 issues

**\$200** Quarter-Page ad (6" w x 2.25" h); \$500 for 3 issues

**\$100** Business Card ad (3.5" w x 2" h); \$250 for 3 issues

Call our office at 412-683-4477 to place your ad.

**Camera-Ready Ads** Mail to us and we will scan. We can use black & white ads only.

**Digital Ads** Artwork should be emailed to [office@swconline.org](mailto:office@swconline.org) or mailed to us on a CD in PDF (portable document file -. pdf) or TIFF (tagged-image format-.tif) format.

Contribute online through our exciting new website at [www.swconline.org](http://www.swconline.org)

## Donate Your Vehicle to SWC

SWC has partnered with Goodwill Industries so that donations of used vehicles benefit our work. Goodwill handles all the details and SWC receives 75 percent of the proceeds from the auction sale. You get a tax-deductible donation for the full amount the vehicle sells for at auction.

Call SWC at 412-683-4477 to donate your vehicle. We'll contact Goodwill and they'll take over from there. They'll help you prepare your title and paperwork. Then they'll send a tow truck, complete the paperwork and sell your car at their auction house.

## Donate Stock to SWC

Giving appreciated stock is one of the most tax-efficient ways to make a charitable donation. We gratefully accept donations of stock to support our work. The process is quite easy. Call our office at 412-683-4477 ext. 10 for more information.

## Donate Through United Methodist Church

SWC participates in the Advance Special Program, for Methodists and UM churches.

Gifts support our HIV/AIDS programs. Please write "Advance Special #MS009250P" on your check when donating at your church.

# OUTrageous

# BINGO

It ain't your grandma's  
bingo...but bring her anyhow!

SATURDAY

**Jan. 14<sup>th</sup> • Feb. 11<sup>th</sup>**

**Mar. 10<sup>th</sup> • Apr. 28<sup>th</sup>**

Doors open at 6:30 PM  
Games begin at 7:30 PM

SITE

**Rodef Shalom In Oakland**  
4905 Fifth Avenue  
Entrance from parking lot between  
Devonshire St. & Morewood Ave.

TICKETS

\$12 in advance from  
**OUTlet sponsors:**  
• Banner Coin Exchange  
• Klavon's Ice Cream Parlor  
• On Line at [glccpgh.org](http://glccpgh.org)  
or \$15 at the door.

For more information or table reservations,  
call the GLCC at 412-422-0114.

*Table reservations are for advance-purchased  
tickets only and will not be held past 7:00pm*

*Event proceeds benefit the Gay & Lesbian Community Center and the Singers' Welfare Community.  
OUTrageous Bingo conducted by permit to Singers' Welfare Community.*



Print Media Sponsor:

PITTSBURGH'S  
**OUT**  
[WWW.OUTONLINE.COM](http://WWW.OUTONLINE.COM)

**Shepherd Wellness Community  
25th Anniversary City Theatre Benefit  
Friday, May 4, 2012**



**City Theatre  
South 13th and Bingham Streets  
South Side**

5:30pm Open Bar, Hors d'oeuvres  
and Silent Auction

7pm Performance of *POP!*

Intermission and final Silent Auction  
bidding with complimentary coffee  
and soft drinks

Dessert & coffee reception  
following the performance

*Who shot Andy Warhol?*

*Welcome to Warhol's legendary  
Factory, where every artist has talent,  
ego, and a motive to pull the trigger.*

*As the pop icon's life flashes before his  
eyes, he confronts an unforgettable cast  
of outrageous suspects and wrestles with  
the meaning of his own legacy.*

*Variety calls this rock musical "vibrant,  
hip, fresh, and a hell of a lot of fun."*

**General Admission Tickets: \$85  
Premium Seating Tickets: \$125**

**Call 412-683-4477  
to order your tickets  
with Visa or MasterCard  
or order online at  
[www. ticketleap.com](http://www.ticketleap.com)**

***Event sponsorships at various levels are available on our website at [www.swconline.org](http://www.swconline.org)  
or by contacting the SWC office.***

# Health & Wellness

## SWC Solicitation Policy

With the exception of SWC benefits and fundraisers, there will be no soliciting of contributions or ticket sales, promotions of goods, services or other items at SWC programs, activities or dinners without written permission of the Executive Committee. Permission requests must be sent in writing to the SWC office. The request must include the name of the organization benefiting; its 501 (c)(3) status; an explanation of the solicitation, promotion or sale including the time period involved; and the name of an official contact person. The organization will be notified within one week.

## Exercise and HIV/AIDS

by Ellen Steinberg, M.S., R.D.

Spring is here and summer approaches. Go outside and garden, walk a dog, wash your car or ride a bike. There are many ways to include physical activity in your day. You don't have to run marathons to reap the health benefits of exercise. In fact, even moderate physical activity can stimulate immune function, delay or prevent wasting, increase strength and endurance and help you feel better.

For people needing inspiration or affirmation that exercise should be a part of their daily routine, consider these additional health benefits:

- Increased muscle mass can boost the total amount of energy your body produces. In turn, elevated energy levels can enhance the immune system even more.
- Reduced cholesterol and triglyceride levels. Some HIV medications increase the amount of fat in your blood, but exercise can help protect you against the associated risk of heart disease.
- Decreased fatigue
- Improved mental outlook
- Increased bone density — protection against osteoporosis
- Improved circulation, heart capacity and lung function.

There are two major types of exercise that can be beneficial for people living with HIV: resistance and aerobic. Resistance exercise (weight training) adds density and bulk to the muscles in your body. This type of exercise is probably the most important for people with HIV because more muscle equals a better immune function. Resistance training may include push-ups, pull-ups and deep knee bends, but is even more effective when weights are used. If you don't have access to a gym, be creative! Instead of weights, use common household items such as soup cans, books or milk jugs filled with water or sand.

Aerobic (cardiovascular) training involves exercises that increase your heart rate. These include walking, running, swimming or bicycling. Aerobic activity is not only great for the immune system, it also decreases your risk for developing heart disease and helps with weight management. While aerobic training is not advised for individuals experiencing wasting or unintentional weight loss, these individuals can benefit greatly from resistance training.

In general, try some form of physical activity at least every other day. If you like to exercise daily, you might consider alternating the days on which you train aerobically or with weights. No matter what the activity, always warm up with stretching and aim for 30-40 minutes of exercise. If you are not already active, consult your doctor before beginning any exercise program.

**SWC IS A PROUD MEMBER OF**  
**The Greater Pittsburgh Community Food Bank**  
**and the Southwestern PA Food Security Partnership**



# Volunteer Cheer



Volunteers from UPMC St. Margaret



Volunteers include PNC Proud

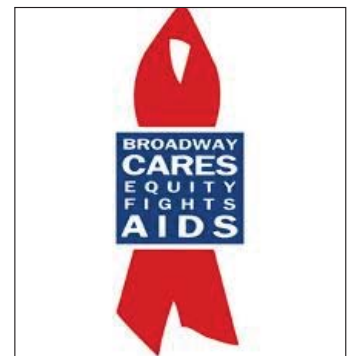
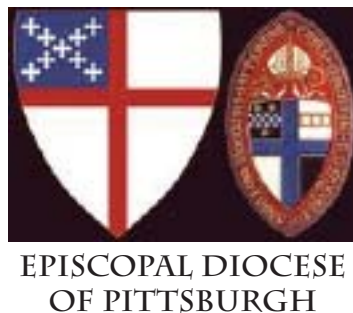


Volunteers from Shadyside Presbyterian Church



Volunteers include BNY Mellon and PNC Proud

*Thank you !*





Shepherd Wellness  
Community

4800 Sciota Street, Pittsburgh, PA 15224

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**www.swconline.org (website)**

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