

To qualify for this program, you must be newly diagnosed with HIV/AIDS within the past year and have a CD4 count below 200.



MANNA is a FREE service that prepares and delivers nutritious meals to people suffering from life-threatening illnesses. MANNA counsels and empowers people to use nutrition to improve their quality of life.



Improving health. Delivering nourishment.

www.mannapa.org
215-496-2662 or toll free
1-866-MANNA09

Located at
2323 Ranstead Street
Philadelphia, PA, 19103

Positively Nutritious



Are you newly diagnosed with HIV/AIDS?

Do you need guidance with proper nutrition?



- ◆ **3 Group Education Classes**
- ◆ **3 one-on one appointments with our Registered Dietitian**
- ◆ **6 months on MANNA meals delivered to your home**



- ◆ As a newly diagnosed HIV/AIDS patient, learning how to take care of your body not only medically but nutritionally becomes the primary goal with treatment.
- ◆ Positively Nutritious is a 6 month set of classes designed to help individuals who have been newly diagnosed with HIV/AIDS within the past year.

- ◆ The classes focus on teaching individuals the skills needed to provide for themselves proper nutrition through educational classes and one-on-one sessions with MANNA's Registered Dietitian.
- ◆ Participants will also receive 6 months of MANNA's free meal delivery program.

To Register for the classes, please fill out an application and send it to MANNA either by mail or fax.

Let us know if you need help filling out this application.

For more information, please contact Nicole Lavery, RD, LDN at 215-496-2662 x135

