



Toronto People With AIDS Foundation

Eblast Update

Friday, January 26, 2007

Table of Contents

The 9th Annual Friends for Life Bike Rally	2
Living with HIV? Living with Meds...	3
Energy Healing Workshops and Treatment	4
PWA Big Red Bag	5
Starry Night	5

The 9th Annual Friends for Life Bike Rally

Launch Party

Will you be a rider?

Will you be a crew?

Are you one of our wonderful supporters?

Do you want more information?

Please join us for the official start of the **9th Annual Friends for Life Bike Rally**. We're getting into gear with a great party that will include live entertainment and door prizes, which means the evening guarantees to be fun and informative. This is your opportunity to learn more about this incredible event from past Riders, Crew and the Organizing Committee. They'll be on hand to answer your questions about the ride and/or the **Toronto People With AIDS Foundation** – and, of course, you can sign up for this year's journey!

Early bird registration fee is \$70 at the Launch Party. Registrations which occur after February 13th, 2007 will cost \$75 (VISA, MasterCard, cheque, money order & cash accepted).

Date: Tuesday February 13th, 2007

Time: 7:00pm

Location: Buddies In Bad Times Theatre

12 Alexander Street (at the corner of Alexander & Yonge)

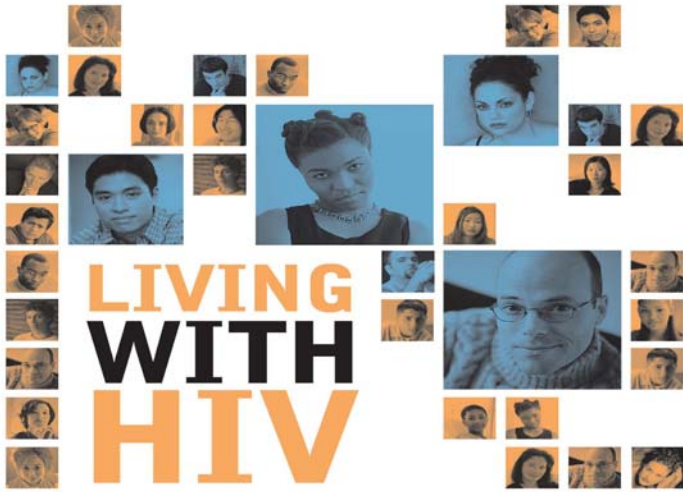
For More information please contact Scott Cheslock at scheslock@pwatoronto.org or 416-506-8606 ext. 631 or visit www.bikerally.org.



[Back to the top](#)

Living with HIV? Living with Meds...

2007 Information Sessions



LIVING WITH MEDS

Getting Started

- Small group, interactive learning workshops for people living with HIV/AIDS
- Five-hour session in a confidential environment
- Up-to-date information on drug treatments in easy to understand language
- Presented by Dr. David Fletcher and colleagues in collaboration with the Toronto People With AIDS Foundation
- Lunch and snack breaks included.



Call **(416) 506-1400, ext. 620**, to register.

2007 dates available:

- Friday, March 9
- Friday, September 21
- Monday, May 28
- Monday, November 26

Please enquire if additional dates have been added.

Getting Started

This beginner to intermediate interactive learning workshop is for people living with HIV who have:

- not yet started antiretroviral therapy; or
- recently started antiretroviral therapy and want to know more; or
- discontinued therapy in the past and are considering restarting.

Topics to be covered:

- ✕ Thinking about starting/re-starting drug therapy?
 - ✕ Want to learn more about HIV and how it could affect you?
 - ✕ Want to understand more about your blood work?
 - ✕ Wondering when, why and how to start treatment?
 - ✕ Looking for treatment options and ways to access them?
 - ✕ Worried about side effects? Drug interactions?
 - ✕ Interested in keys to successful treatment?
 - ✕ Looking for a smooth adjustment to life with HIV drugs?
- These HIV treatment education workshops have been developed and are presented, in easy to understand language, by Dr. David Fletcher of the Maple Leaf Medical Clinic and colleagues, in consultation with the Toronto People With AIDS Foundation and persons living with HIV/AIDS.
 - Educate yourself about HIV in a confidential, small group, interactive learning environment. Register early to get the date you want.
 - All workshops are from 10:00 a.m. to 3:00 p.m.
 - They are held at the Metro Central YMCA, 20 Grosvenor St., Toronto. Tel. (416) 975-9168. Conveniently located downtown, two blocks north of Yonge/College intersection. TTC: College subway station.
 - Registration is free. Lunch and snack breaks included.
 - Reimbursement for childcare is available on request.
 - Take-home materials are provided, including a printed copy of workshop content.

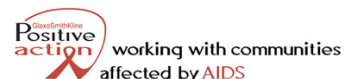
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[Back to the top](#)

Energy Healing Workshops and Treatment

- Learn how to clear mental, emotional and physical blocks/traumas by working with energy
- Feel what it's like to experience your *true self*
- Experience the power of *group* healing

Energy healing workshops and treatments are now available at the **Toronto People With AIDS Foundation** every 4th Tuesday of the month at 399 Church Street 2nd Floor in room #220 from 12:00 – 2:30 pm.

Our intent and purpose is to teach the grounding techniques that empower us to heal ourselves. We would also like to share hands on energy healing treatments with you. There will be 7 Reiki Therapists working with the group of 15 people.

For information about what energy healing please visit www.shiatsubysheer.com.

If you are interested in attending please sign up at reception or call 416-506-8606 ext. #632 and leave your name and phone number.

There are only 15 spots available per month. Sign up will be on a first come first serve basis. You will be notified by phone about which month you are registered for.

[Back to the top](#)

This years Holiday programs were a great success. Thank to all our community partners and volunteers who ensured the programs were as successful as they were. We made some exciting changes this year...

PWA Big Red Bag

The **Big Red Bag**, formerly the Holiday Hampers, was also a big hit this year. Funds provided by the **MAC AIDS Fund** ensures that everyone receives a gift bag filled with lots of wonderful treats and goodies to make the holiday season brighter. This year 800 **Red Bags** were distributed, a record number for PWA. Volunteers and Board Members gathered at College Francais to pack all the goodies. *Tibotec* donated all *Aveeno* skin care products, while other products were purchased at a substantial discount from *Lindt Chocolates*. *Dominion* supplied much needed staples like hot chocolate, brie and cheese, cookies; and *The Bargains Group* supplied gloves, lap blankets and an LED Book Light.

Starry Night

Starry Night Dinner and Show was moved to *Buddies in Bad Times Theatre* this year, and took place on December 18th, 2006. This special evening was free for all PWA clients. This year's venue proved popular with clients and performers. A delicious meal was served by *Urban Source Catering* and Buddies was able to provide the type of tech support and stage direction that made our show one of the best ever. *MC Elvira Kurt* kept everyone laughing in their seats, and the audience never noticed any gaps between performances. The theatre was stunningly transformed by *PWA Volunteers Len and David, also of Freshland Flowers in Unionville*. We are not sure how we will be able to top this next year.

[Back to the top](#)