

What is PATH2Wellness?

CHN's Healthy Aging Program PATH2Wellness 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:

- PATH2Movement: To support and engage you in regular physical activity.
- PATH2Nutrition: To support nutritional health.
- PATH2Connection: To address the need for social engagement and support.

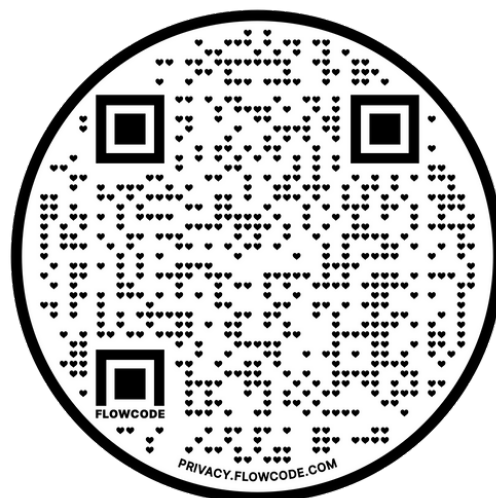
LEARN MORE

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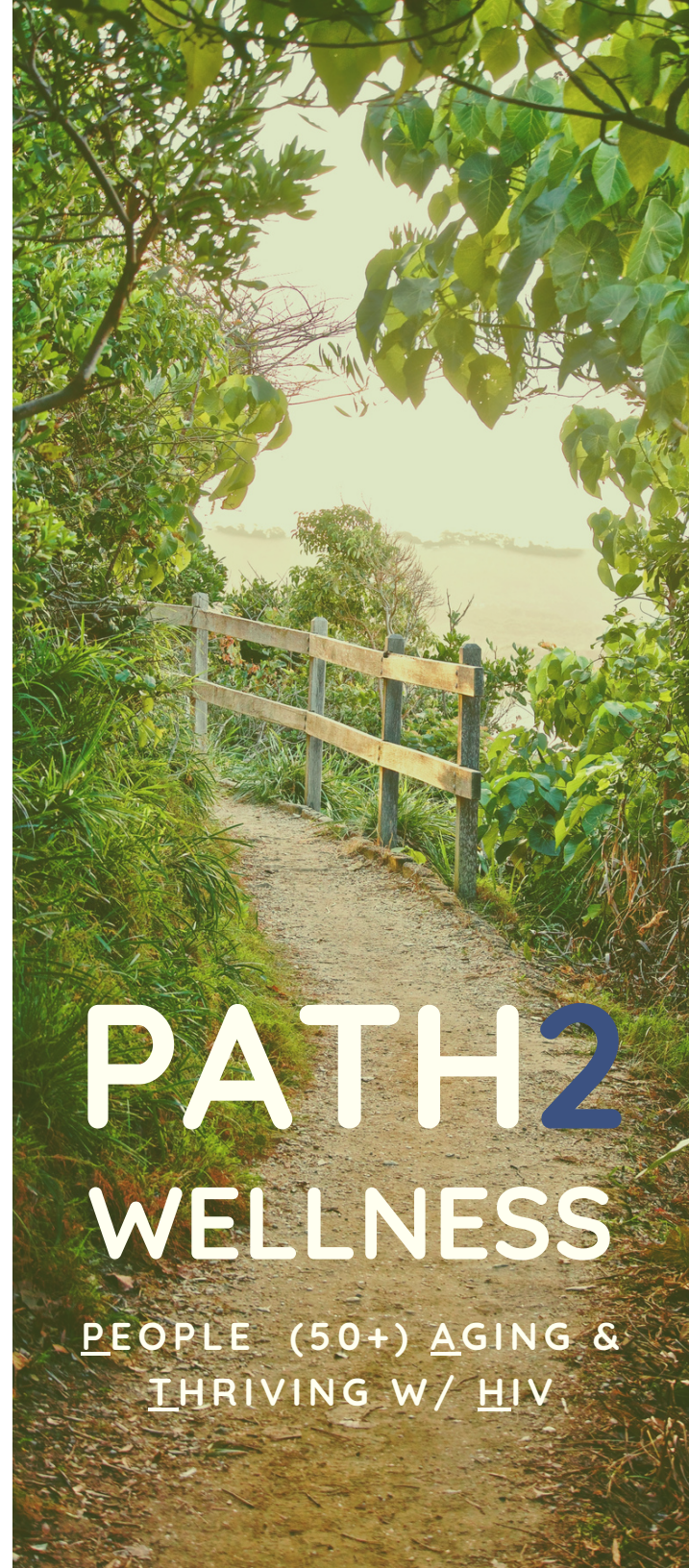
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OR SCAN OUR QR CODE



PATH2 WELLNESS

PEOPLE (50+) AGING &
THRIVING W/ HIV



MOVEMENT

Clients participating in PATH2Wellness 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-** PATH2Wellness will coordinate biweekly group walking tours around Denver Botanic Gardens and a number of other outdoor spaces.



CONNECTION

PATH2Wellness personnel will facilitate weekly, virtual & in-person (hybrid) social circles 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 PATH2Wellness members to hear from community experts 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!

NUTRITION

Clients participating in the PATH2Wellness 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.

