

WELLNESS NEWS

ACSC AIDS COMMITTEE OF SIMCOE COUNTY

COMPLEMENTARY THERAPIES FOR PEOPLE LEAVING WITH HIV

Complementary Therapies are playing an important role in PHA's healthcare as is becoming an essential part of their lives and well-being. They offer a holistic approach that connects physical health with spiritual, emotional and mental aspects of one's life. The increasing interest on Complementary Therapies also reinforces the notion of taking charge of our own health and treatment decision-making. They are used together with Western medicine and some of the most common are: relaxation, meditation, reflexology, massage, yoga, homeopathy and Reiki.

Reiki is one the practices being used by PHA. Is a natural way of healing and has its roots in Japanese origin. The word Reiki comes from the Japanese word (Rei) which means "Universal Life" and (Ki) which means "Energy". Reiki is based on the belief that living things share life energy.

ACSC has incorporated **Reiki** as part of the Wellness Program and is offering free session to its clients. To find out more about ACSC Wellness Program contact Edith (705) 722 – 6778 or acshealth@rogers.com

For more information on Complementary Therapies and Reiki, check "A practical Guide to **Complementary Therapies** for people living with HIV" from CATIE.



UPCOMING EVENTS

WORLD AIDS DAY!

December 1st, 2008 @ 7:30pm

ACSC will join the World AIDS Day service at St. Paul's on the Hill, Anglican Church (882 Kingston Rd, Pickering, ON) Guest speaker: Ivette Perreault

TOYDRIVE 2008

It's time to get ready for the holiday season! Once again ACSC with the support of Rock 95/KoolFM will put a smile on the faces of our client's children. If you have children up to 16 years old contact us @ (705) 722—6778.

EATING HEALTHY

A nutritious and healthy diet is essential to your health. It will help you to maintain a strong immune system, improve your sense of well-being and consequently improve your quality of life. Regularly eating fresh fruits and vegetable is essential part of a healthy diet. ACSC clients can get a box of vegetables and fruits from the local Good Food Box . Give us a call and order your GFB for December.

