



PRESS RELEASE

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2006 Positive Self Management Master Training

Baltimore, MD—June 2, 2006, The Gay Family Foundation (GFF) LTD, Baltimore City Health Department and the Stanford University patient learning center co-sponsored the first Positive Self-Management Master Training May 1-5 at the Bon Secours Baltimore Health Systems. GFF's executive director H. Duane Taylor stated "through these trainings, we can: 1) empower consumers to manage their disease while making efficient use of the time they spend with their doctors, and case managers/clients, and 2) train consumers and providers to become certified master trainers of the Positive Self-Management program". The workshop included: how to best integrate medication regimens and daily life; techniques for dealing with difficult emotions; the importance of exercise and proper nutrition; developing effective communication skills; implementing effective action plans; and evaluating symptoms and their treatments.

Twenty-one (21) workshop participants were provided specific information regarding chronic disease self-management for individuals living with HIV/AIDS; and tangible specific tools to manage and overcome the many challenges HIV/AIDS poses. Of the twenty-one (21) individuals completing the workshop, fifty-one percent (51%) were Baltimore city residents, and forth-nine percent (49%) were from the surrounding counties.

To find out more about GFF, and the Positive Self Management workshops
please visit us at www.gffonline.org.