ABC BOOT CAMP 2017

Theme:

Reshaping the HIV Virus Raise above the stigma and unleashing your full potential

Features & Benefits:

Attitude

"Your attitude determines your altitude"

- Change your mind-set
- Discover your true potential
- Overcome challenges

Skills

"The tools that will assist you when life gives lemons"

- Become a leader
- Make impactful decisions
- Conduct analysis

Knowledge

"Your greatest asset"

- Become your best self
- Be catalyst of change
- Become a great listener

5 Pillars

- Mind-set
- Nutrition
- Medication
- Support
- Exercise