



HIV Then



HIV Now

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I only take three pills a day and I am healthier than ever! If I can do it, anyone can.

# Dale's Story

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So many people are afraid of what HIV treatment means, but crazy side effects and choking down handfuls of pills aren't an issue any more. I only take three pills a day and am healthier than I have ever been! And if I can do it, anyone can.

I try to give back to others less fortunate than me everyday, whether it be to provide food to the homeless from my store, or just to talk about my journey to others who are struggling.

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**To hear Dale's full story  
and learn about HIV visit:**

**MyHealthisSexy.com**

**Call to meet with a health  
outreach nurse Mon - Fri at:**

**1-866-778-7736**



**Interior Health**  
*Every person matters*