

2021

PARTNER PROFILE

HIV, Obesity, and Hypertension Program

PROGRAM STAFF

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UNIFIED - HIV HEALTH AND BEYOND

Our goal is to empower people living with HIV (PLWH) to take control of all aspects of their health.

Join the HOPE initiative for a fun and easy walking group Wednesday mornings! A water bottle and supportive walking shoes are encouraged. This group is open to all people living with HIV.


All November walking groups being held at Riverside Park.

Walking Has Many Health Benefits:
Improves Circulation
Wards Off Heart Disease, Brings Up The Heart Rate,
Lowers Blood Pressure & Strengthens The Heart!
Lightens Your Mood; Walking Releases Natural
Pain--Killing Endorphins Into The Body
Helps You Enjoy A Longer Life
Improves Your Sleep

Contact:
 Chris Woolfolk
 313-466-9665
 cwoolfolk@miunified.org

Free Lot and Street Parking Available Near This Location.

WEDNESDAYS
 9:00AM-10:00AM
 Riverside Park
 2 E Cross St
 Ypsilanti, MI 4819



HOPE

REGION: Detroit

FOCUS: Obesity and hypertension among people living with HIV (PLWH)

PROGRAM DESCRIPTION

HIV medications have advanced and are more effective in helping people manage HIV and as a result, people living with HIV (PLWH) are living just as long as people without HIV. This makes long-term holistic care critical. There is a need to empower people to take control of their health by looking at the whole person and addressing lifestyle factors to help people achieve the best health outcomes.

HOPE - Hypertension and Obesity Programs and Education is a UNIFIED initiative to help people living with HIV (with a BMI of 30 or above and/or blood pressure above 130/80) reach their healthy lifestyle goals that are grounded in health coaching with internal and external referrals to activities, programs, and organizations.

This initiative makes seeming overwhelming lifestyle adjustments approachable and attainable to help individuals live a meaningful, happy, and healthy life.

HOPE provides participants with individualized health coaching, access to healthy foods, exercise classes and walking groups, nutrition and cooking classes, incentives for reaching goals and participating in activities, and a community of individuals committed to healthy living and more!

