

## Did You Know?

### Join the Ryan White Planning Council and Make a Difference

Did you know that by joining the Ryan White Planning Council, you can play a pivotal role in shaping the future of HIV care and services? Regardless of your gender, age, or HIV status, everyone is welcome to join the Council and share their voice. Your participation helps ensure that those living with HIV receive the care and resources they need to thrive.

1. **Did you know that with the right treatment, PLWH can live long and healthy lives?** Today, thanks to advancements in medicine, many people with HIV live as long as those without, thriving in every area of life!
2. **Did you know that expressing yourself creatively can boost your mental health?** Whether it's painting, writing, or dancing, self-expression is a powerful way to build resilience and embrace your unique journey.
3. **Did you know that by sharing our stories, we can break down stigma?** Every time someone speaks openly about living with HIV, we create more understanding and compassion, paving the way for a brighter, stigma-free future.
4. **Did you know that the HIV community is growing stronger every day?** Around the world, people are uniting to fight HIV-related stigma and support each other, turning fear into strength and uncertainty into hope.
5. **Did you know that you have the power to inspire others just by being yourself?** Living authentically and embracing your truth can uplift not only your own spirit but also encourage others to do the same. Your courage is contagious!
6. **Did you know that your mental health is just as important as your physical health?** Taking care of your mind and soul alongside your body creates a holistic approach to wellness, ensuring you live your best life in all aspects.
7. **Did you know that HIV is not a limitation—it's a part of your story, but it doesn't define you?** Your strength, your passion, and your resilience are what truly shape who you are. HIV is just one chapter of your amazing journey.
8. **Did you know that HIV doesn't discriminate?** It affects people of all ages, genders, and backgrounds, but together, we are stronger. Embracing our diversity helps us create an inclusive, empowering community for all.