



Providing Treatment Education and Support

# SMART University

## Fall 2010

**Day:** Fridays  
**Start Date:** September 17, 2010  
**End Date:** November 5, 2010  
**Time:** 11:00 am – 1:00 pm  
**Location:** SMART’s Office  
 306-308 West 38<sup>th</sup> Street, Suite 601  
 (Between 8<sup>th</sup> & 9<sup>th</sup> Avenues)  
 New York, NY 10018  
**Schedule:** 11:00am – 11:30am Announcements, Light Breakfast  
 11:30am – 1:00pm Class

**You must come in for an intake prior** to attending class for the first time  
 Please call Ms. Yolanda Diaz at (212)-564-3282; E-mail: [smartuniv@aol.com](mailto:smartuniv@aol.com)  
 Website: [www.smartuniversity.org](http://www.smartuniversity.org)

### About SMART:

SMART University is a treatment education and support program for women living with or affected by HIV/AIDS. We welcome all women who are interested in getting up-to-date treatment information in order to live longer and healthier lives. A peer-run support group is held after class. We offer this in an intimate, interactive, safe and supportive environment. A Metrocard and light refreshments are provided.

## SMART University Schedule of Classes:

1.	<b>September 17, 2010</b> “HIV 101” Presenter: Michelle S. Cespedes, M.D. Department of Medicine – Division of Infectious Disease NYU/Bellevue Clinical Trials Unit	5.	<b>October 15, 2010</b> “Complementary and Alternative Therapies ” Presenter: Raquel Algarin, Excutive Director Lower East Side Harm Reduction Center
2.	<b>September 24, 2010</b> “Understanding HIV/AIDS In The U.S” Presenter: Jack Denelsback, ACRIA	6.	<b>October 22, 2010</b> “Making Informed Decisions About Your Treatment ” Presenter: Yvonne Cuevas, Health Educator Metro Plus Health Plan
3.	<b>October 1, 2010</b> “Sexually Transmission Infectious” Presenter: Millicent Freeman, Director of Outreach and Public Training New York City Department of Health	7.	<b>October 29, 2010</b> “Healing With Foods Presenter: Donna M Tinnerello, MS,RD, CDN
4.	<b>October 8, 2010</b> “How To Manage Medication Side Effects ” Presenter: Mervin Otero, MPS, Assistant Director /Health Educator Partnership In Care Metro Plus Health Plan	8.	<b>November 5, 2010</b> “Stress Reduction” Presenter: Alberto Alonso, Program Director Lower East Side Harm Reduction Center