POZ at Home: HIV and Weight Gain [VIDEO]

Oriol R. Gutierrez Jr. discusses the challenges of weight gain while living with HIV with Lepena Reid and Liz Highleyman.

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In this episode of POZ at Home, Oriol R. Gutierrez Jr. has a conversation with HIV advocate Lepena Reid and POZ science editor Liz Highleyman about the challenges of weight gain, both subcutaneous and visceral fat, while living with HIV. The trio also discuss New Year's resolutions for 2021. (Press play button in main image above to watch video.)

Lepena Reid has been a caregiver and community grassroots advocate since her HIV/AIDS diagnosis in 1988. She's currently a transformational speaker, blogger, leadership coach and founder of "A Survivor's Keys" Consulting Services. She's also a certified community health educator and advisory board member with the Florida Community Health Worker's Coalition.

Click here to read more about Lepena in the POZ Focus on understanding weight gain.

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