



ALBERTO PEREZ BERMUDEZ

FOCUS GROUP

Positive Heterosexuals Network



Positive Heterosexuals Network is a support group for heterosexual men living positively with HIV

- We will discuss HIV:
 - Prevention, treatment, advocacy, and ways to support one another. The group will also host social events, bilingual HIV awareness campaigns, and weekly meetings either in person or via Zoom.

Together, we stand united under the red ribbon for one cause: ending HIV stigma and supporting those affected by HIV.



***“I CONTROL MY HIV STATUS;
HIV DOES NOT CONTROL MY LIFE.”***



(305) 202-1557 - Alberto031870@gmail.com
Social Media: Alberto Perez Bermudez





ALBERTO PEREZ BERMUDEZ

GRUPO FOCAL

Red de Heterosexuales Positivos



Red de Heterosexuales Positivos es un grupo de apoyo para hombres heterosexuales que viven positivamente con el VIH.

- En este grupo hablaremos sobre el VIH, incluyendo:
 - Prevención, Tratamiento, Defensa y concientización (advocacy), y Formas de apoyarnos mutuamente. Además, el grupo organizará eventos sociales, campañas bilingües de concientización sobre el VIH y reuniones semanales, ya sea en persona o a través de Zoom.

Juntos nos mantenemos unidos bajo el lazo rojo por una sola causa: poner fin al estigma del VIH y apoyar a todas las personas afectadas por el VIH.



**"YO CONTROLLO MI ESTADO DE VIH;
EL VIH NO CONTROLA MI VIDA."**



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Redes Sociales: Alberto Perez Bermudez



ALBERTO PEREZ BERMUDEZ

HIV & AIDS Activist, Educator and Long-Term Survivor



Alberto Perez Bermudez is a long-term HIV survivor, husband, father, and community advocate.

Diagnosed with HIV in 1988 at age 18, Alberto has dedicated his life to educating others and challenging the stigma surrounding HIV.

Drawing from his own experiences, he focuses on supporting heterosexual, Hispanic, and Black communities, encouraging people to learn about HIV, take their medication as prescribed, and live positively.

Through his outreach, media appearances, focus groups, and community involvement, Alberto hopes to remind others that HIV does not define their lives and that sharing our stories can help create a more understanding and supportive community.

To Learn More About My Focus Groups:
(305) 202-1557

Alberto031870@gmail.com

Social Media: Alberto Perez Bermudez



ALBERTO PEREZ BERMUDEZ

Activista, Educador y Sobreviviente del VIH a largo plazo



Alberto Perez Bermudez es un sobreviviente del VIH a largo plazo, esposo, padre y defensor de la comunidad. Diagnosticado con VIH en 1988, a los 18 años, Alberto ha dedicado su vida a educar a los demás y a combatir el estigma relacionado con el VIH. A partir de sus propias experiencias, se enfoca en apoyar a las comunidades heterosexuales, hispanas y negras, animando a las personas a informarse sobre el VIH, tomar sus medicamentos según las indicaciones y vivir positivamente.

A través de su trabajo de alcance comunitario, apariciones en los medios, grupos focales y participación en la comunidad, Alberto espera recordarles a los demás que el VIH no define sus vidas y que compartir nuestras historias puede ayudar a crear una comunidad más comprensiva y solidaria.

Más información sobre mis grupos focales:

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Learn More About my Life:

Until the Cure

One Man's Journey to Advocacy

by Alberto Pérez Bermúdez



Alberto in his younger days

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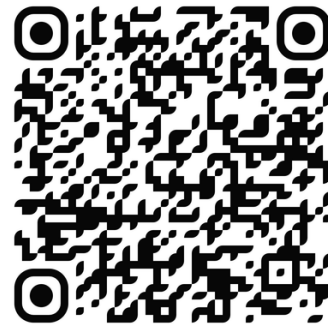
Columns My Turn

Until the Cure: One Man's Journey

October 12, 2019 770 0

Until the Cure: One Man's Journey to Advocacy | A&U Magazine

[https://aumag.org/2019/10/12/
until-the-cure-one-mans-
journey-to-advocacy/](https://aumag.org/2019/10/12/until-the-cure-one-mans-journey-to-advocacy/)



**This Poz Ex-Gang Member Is Using
His Story To Help Others**

[https://www.hivplusmag.com/long-
term-survivors/2019/6/05/poz-
ex-gang-member-using-his-story-
help-others](https://www.hivplusmag.com/long-term-survivors/2019/6/05/poz-ex-gang-member-using-his-story-help-others)



LONG-TERM SURVIVORS ►

**Poz Ex-Gang Member Is Using His Story To
Help Others**



TO BERMUDEZ

term survivor Alberto Bermúdez was diagnosed in 1988, and
educating a community still in denial about the virus.



In recognition of outstanding work in the HIV/AIDS community

Alberto Perez Bermudez

has been selected for

THE 2022 POZ 100

December 2022

Cheryl R. Gutierrez Jr.
Oriol R. Gutierrez Jr. Editor-in-Chief



COMMUNITY PILOT AWARDEE

**ALBERTO PEREZ
BERMUDEZ**

