Sponsored by Being Alive

Contact Jamie@beingalivela.org

Or call 323-874-4322 for more information

May 2016 Calendar

Being Alive! Health and Wellness 30th ANNIVERSARY

Being Alive

7531 Santa Monica Blvd #100 West Hollywood, CA 90046

(323) 874-4322 Monday - Friday: 10:00am to 6:00pm

www.beingalivela.org

Being Alive's Wellness Center

Acupuncture*

Mondays 1:00p to 5:00p
Wednesdays 1:30p to 5:00p

Ceramics *at Specs Appeal*

7976 Santa Monica Blvd
Saturdays 1:00p to 5:00p
Sundays 1:00p to 5:00p
Mondays 1:00p to 5:00p

Chiropractic

Fridays 1:00p to 4:00p
No Appointment Required

New members and those who haven't been to the Chiro Clinic in over a year must arrive before 3pm to complete paperwork.

Hypnotherapy *with Dean Williams*

Thursday 12:00p to 8:00p
Call for Appointment (562) 331-6088

Psychotherapy*

In partnership with Antioch University, Counseling is provided by appointment after an intake specialist conference. Couples counseling is also available. Please call (323) 874-4322 for details on our **Antioch Alive** program.

Facial Rejuvenation Clinic*

In partnership with Robert H. Cohen, MD of Westside Aesthetics, Sculptra treatment is provided by appointment and approval only. Call 323-874-4322 for more information.

Yoga

Saturdays 10:30am-12:00pm
At Palm View Apartments (980 Palm)
Partnering with the Actors Fund, contact Being Alive for more information.

***Reservations Required: Contact Being Alive (or provider)**

See wellness & support pages for details.

Educational Theatre Being Alive!™

ACTING OUT

A POSITIVELY LIVING WORKSHOP

Turn your story of living with HIV into short plays for educational performances. Some of these plays will be used as public educational outreach in schools and public programs for HIV prevention education.

Saturdays 1:00pm to 3:00pm

Starting June 4th

Open to Everyone

Being Alive! Health and Wellness 30th ANNIVERSARY

RSVP to Jamie Baker (323)874-4322

For more information email Richard at b.osten@yahoo.com

VOLUNTEERS NEEDED

Come be in the LA Pride Parade!

Other volunteer opportunities include seeking donations from businesses, planning team for the 30th anniversary Gala, and more!

Join the 360 Club!

Be a Charter Club Member to Support Being Alive's services.

Support Being Alive and get your name on the new digital scrolling board. As a charter club participant, you'll receive discounts to local participating businesses.

360 Club is limited to 360 participants.

Requires a minimum monthly recurring contribution through our website on Paypal.

Club card issued annually.

Support Being Alive!
Join Today!

May 2016 at Being Alive!

5th—Protein Bar Making Class*
17th—Hands Only CPR Class*
19th—Better Nutrition Through Juicing*
19th—Medical Update at Plummer Park*
21st & 22nd—Long Beach Pride Festival
30th—Memorial Day Holiday
...and all of our weekly and bi-weekly events!

Coming In June

New Acting Workshop on Saturdays
2nd—Field Trip to Huntington Gardens*
7th—Advance Directive Class (tentative)*
11th—LA Pride Festival
12th—LA Pride Festival & Parade

Show your Being Alive Pride!
Volunteer to be in the parade
with the BA staff and friends!!!

*RESERVATIONS REQUIRED

BEING ALIVE MISSION STATEMENT

A peer-driven agency for people living with HIV/AIDS specializing in supportive services, education, wellness and self-empowerment.

PUBLICATION	ONLINE
Being Alive Month Calendar of May 2016 **Editor: Garry Bowie** **Publisher: Jamie Baker** **7531 Santa Monica Blvd #100** **West Hollywood CA 90046** **323-874-4322**	Client-members are encouraged to use the Being Alive website for the latest information and updates. **www.beingalivela.org** Help us reduce our mailing expenses by letting us know if you prefer to get your information via the website.

APPOINTMENT & CANCELLATION POLICY

Many events, activities, clinics and some groups require reservations.
All items requiring reservations will have a footnote reference.
Please call Being Alive to make a reservation (or call the number referenced, if listed).

PLEASE GIVE US 48 HOURS NOTICE IF YOU NEED TO CANCEL!

NO SHOWS for Wellness Center require a $5 fee to reschedule.

NO SHOWS for Facial Rejuvenation Clinic require $100 to reschedule.

You may forfeit your right to make reservations if you fail to cancel three or more times. Failing to cancel for an event (field trips, ticketed events) may result in restrictions from future events.

CONTRIBUTORS MAKE A DIFFERENCE

Contributions come in many forms whether monetary, volunteer time or expertise. Being Alive sincerely appreciates all forms of contributions to keep our vital programs and services alive.

Donations are tax-deductible to the full extent of the law.

Nonprofit Federal Tax ID # 95-4137742

Donations are greatly appreciated.
Consider be part of our new donor wall.

Learn to make a Protein Bar 'Mexican-Style' with Michael!

Thursday, May 5th

2pm—3pm

At Being Alive

Eat Healthy, Live Better

RSVP to 323-874-4322 or

Email Jamie@beingalivela.org

June 2nd, 2016
Field Trip to
Huntington Gardens

12:15pm Departure (Lunch Provided)

1:30pm Self Guided Tour of Gardens

5:30pm Return to Being Alive

RSVP to 323-874-4322 or email Jamie@beingalivela.org

Support Groups

All of our peer groups provide a non-judgmental, safe and confidential space where individuals truly express themselves in an atmosphere of mutual respect and encouragement. All groups are open/drop-in for anyone who has been diagnosed with HIV, whether or not they are client-members of Being Alive. Call or email Being Alive for details on any support group. Email jamie@beingalivela.org or (323) 874-4322

Mondays

Film Night - 7:00pm-9:00pm (*Being Alive Offices)*
A weekly drop-in group. Thought-provoking films are shown followed by a group discussion about topics emphasized in the film. Light refreshments provided. Friends welcome.

Tuesdays

Shameless: Dirty, Sexy and Fun - 6:00pm-7:30pm (*Being Alive Offices)*
A weekly drop-in sex therapy group that takes the shame and stigma out of sex for HIV+ individuals or serodiscordant couples. New topics weekly! Contact Jamie for more information.

Wednesdays

Wise Guys - 7:00pm to 9:00pm - *(Being Alive Meeting Room)*
A small emotional drop-in social drop-in group for men and women over 35. The theme is discussing issues and meeting long term survivors dealing with HIV.

Thursdays

Amigos Pozitivos - 12:00pm to 2:00pm (*BA Meeting Room)*
Cada Segundo y Cuarto Jueves (Every 2nd and 4th Thursday) Nuevo grupo de apoyo en Español. Patrocinado por Cienega Farmacia, Roberto Melendez, facilitador.

Positively New - 7:30pm to 9:30pm *(Being Alive Meeting Room)*
A fun support group for those newly diagnosed or "newly-identified" under 35 with an emphasis on coping skills, education, emotional well-being and referrals. This group is facilitated by Brian Risley.

Fridays

Friday Night Lite - 7:00pm to 9:00pm *(1151 N. La Brea, W. Hollywood 90038)*
Shake off the weekday dust and get ready for the weekend in a fun, safe environment with other HIV+ men who can support each other in a compassionate and uplifting way. Kick-off your weekend with encouragement! Facilitated by Gary O'Brien.

AA Meetings - 7:00pm to 9:00pm *(Being Alive Meeting Room)*
A 12-step group for those with dependency issues..

May 2: The Weekend (1999) - Marian and John are expecting an old friend, Lyle, for a weekend visit to their beautiful upstate New York home. Emotions run high since it is the one-year anniversary of the death of John`s brother, Tony, who had also been Lyle`s lover. Marian, who is still inconsolable after losing Tony to AIDS, is upset when Lyle brings his new boyfriend, a young artist, Robert.

May 9: Wild Reeds (1994) - Maite and Francois are 18 years old. They are friends, not lovers. In Francois's classroom, there are Serge, whose brother has just married to try to escape from the war in Algeria, and Henri, a pied-noir (Algerian-born Frenchman). Francois and Serge will have a homosexual relationship, but Serge wants to marry his brother's wife... (French)

May 16: The Normal Heart (2014) - The story of the onset of the HIV-AIDS crisis in New York City in the early 1980s, taking an unflinching look at the nation's sexual politics as gay activists and their allies in the medical community fight to expose the truth about the burgeoning epidemic to a city and nation in denial.

May 23: North Sea Texas (2011) A teenage boy's search for love finds him fixated on a boy who lives nearby.

May 30: Memorial Day—Offices Closed.

Being Alive

In Partnership With

Philosopher's Stone Poetry

Present

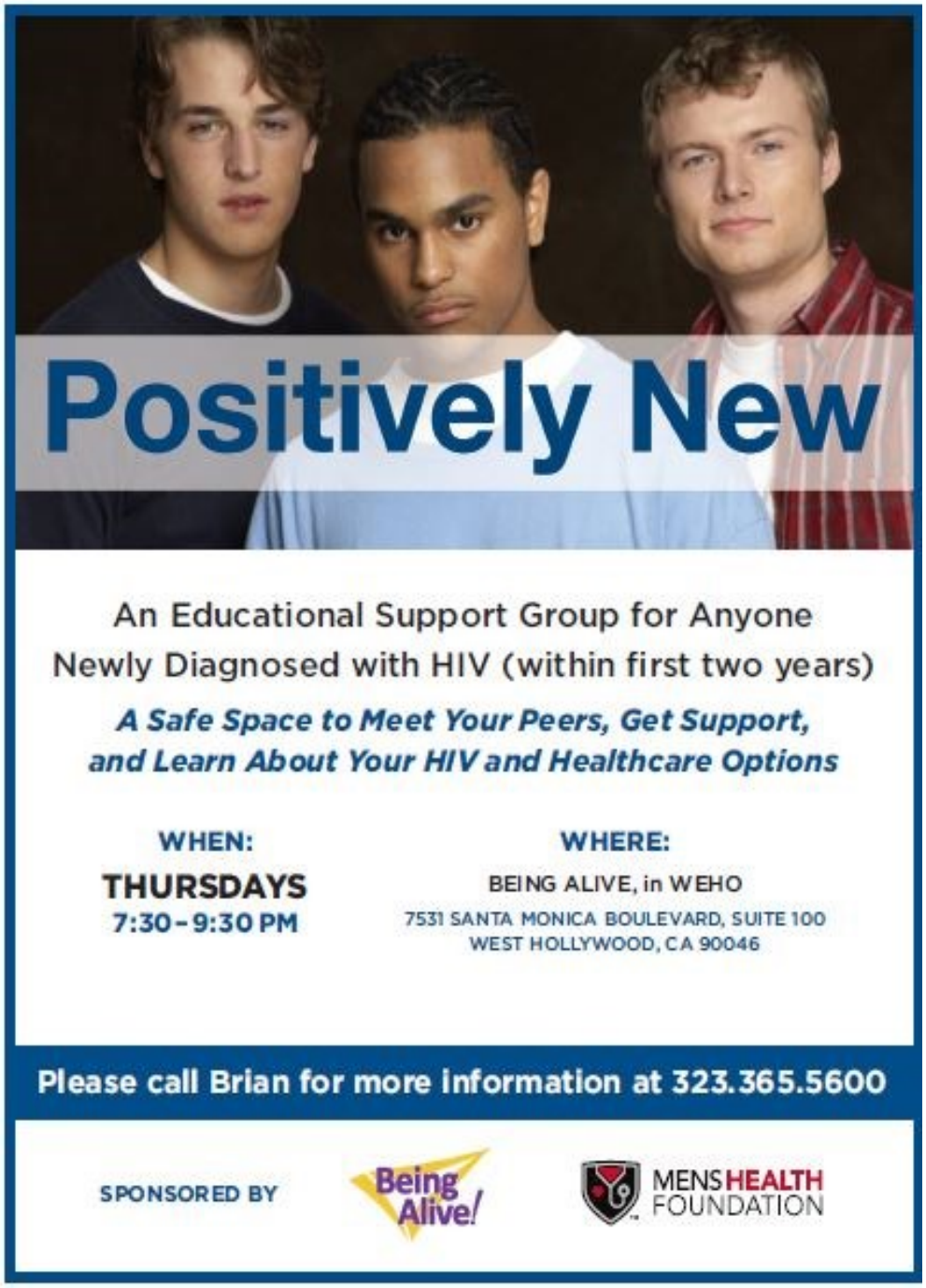
Poetry Introduction Class

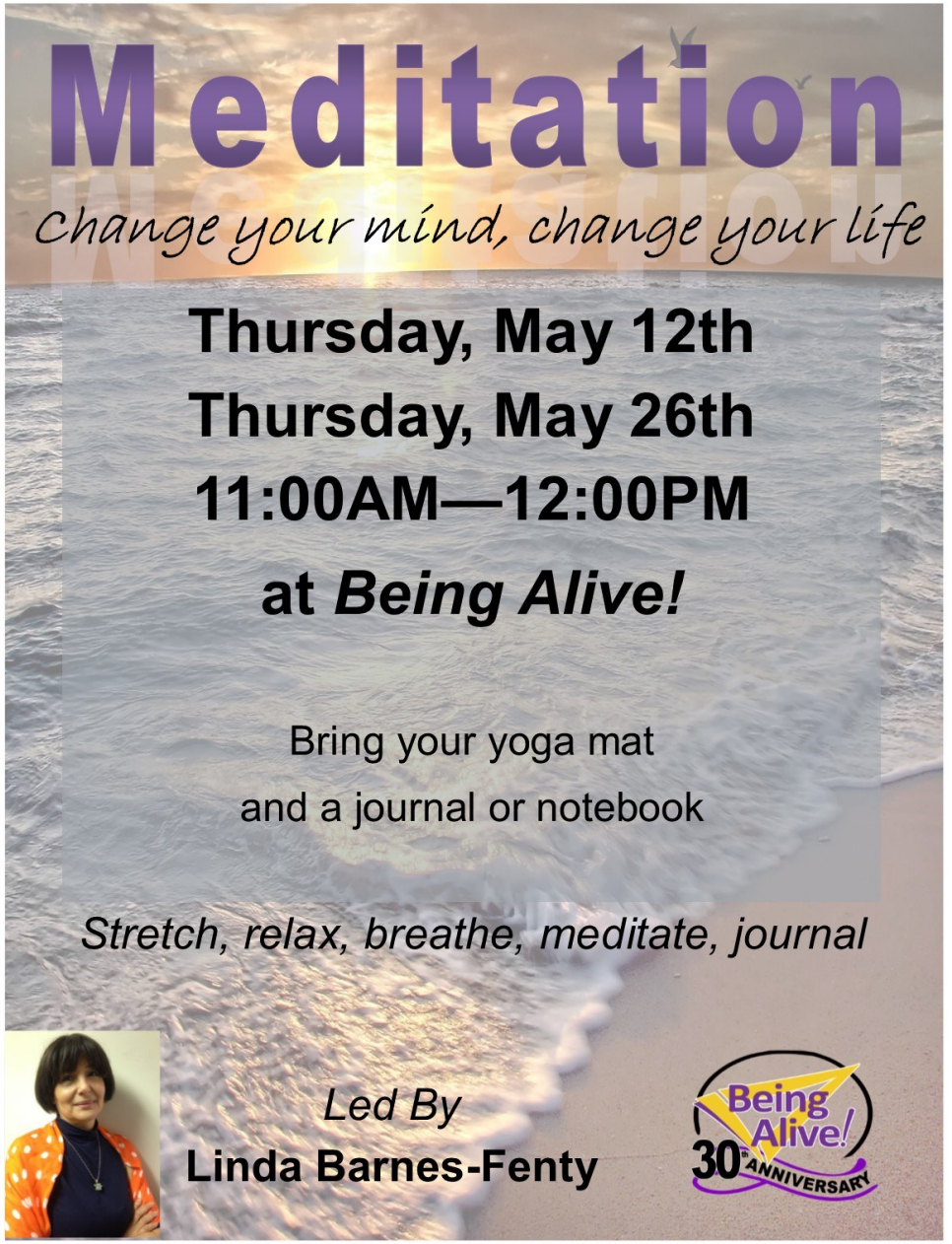
3:30pm to 4:30pm at Being Alive

7531 Santa Monica Blvd., #100, West Hollywood, CA 90046

RSVP to 323-874-4322 or Jamie@beingalivela.org

Pspoets.weebly.com





To RSVP, please call 323-874-4322 or tell any staff member to add you to the list!

May	
1	**Sunday** 1p – 5p Ceramics Studio
2	**Monday** 1p – 5p Acupuncture with Emperor's College 1p – 5p Ceramics Studio 7p – 9p Film Night— The Weekend —See pg. 6
3	**Tuesday** 10a—12p Facial Rejuvenation Clinic 6p—7:30p: Shameless: Dirty, Sexy & Fun Group. BA Meeting Rm.
4	**Wednesday** 1:30p – 5p Acupuncture with Yo-San 7p – 9p Wednesday's Wiseguys
5	**Thursday** 12p – 8p Hypnotherapy with Dean **2:00p—3:00p Cinco de Mayo Protein Bar Class** 7:30p - 9:30p Positively New
6	**Friday** 1p – 4p Chiropractic Clinic 7p – 9p Friday Night Lite 7p – 9p AA Meeting
7	**Saturday** 10:30a – 12p Yoga with Maya at Palm View Apts. 1p – 5p Ceramics Studio 3:30—4:30 Poetry Class
8	**Sunday—Mother's Day** 1p – 5p Ceramics Studio
9	**Monday** 1p – 5p Acupuncture with Emperor's College 1p – 5p Ceramics Studio 7p – 9p Film Night— Wild Reeds —See pg. 6
10	**Tuesday** 10a—12p Facial Rejuvenation Clinic 6p—7:30p: Shameless: Dirty, Sexy & Fun Group. BA Meeting Rm.

SHAMELESS:
Dirty, Sexy and Fun

Finally, a drop-in sex therapy group that takes the shame and stigma out of sex for HIV+ individuals.

Every Tuesday
6:00 to 7:30 pm

New Topics Weekly

Exclusively at:

Being Alive!

Enroll at: Being Alive! 7531 Santa Monica Blvd #100, West Hollywood, CA 90046
(323) 874-4322 www.beingalivela.org

Exciting New Topics Each Week!
Bring your friend, date, or partner

Free CPR Class!

*Hands Only CPR**
With EMT Denise

Learn:

- How to recognize signs of a heart attack
- How to respond to an emergency involving a heart attack
- How to recognize a choking emergency
- How to respond to an emergency involving choking
- How to recognize signs of a stroke—FAST!

Tuesday, May 17th

12:30pm—1:30pm

Being Alive Meeting Rm.

(RSVP to 323-874-4322 or email Jamie@beingalivela.org

*Not a certification course—for information only.

May 11	**Wednesday** 1:30p – 5p Acupuncture with Yo-San 7p – 9p Wednesday's Wiseguys
12	**Thursday** 11a—12p Meditation with Linda 12p—2p Amigos Pozitivos Grupo de Apoyo (en espanol) 12p – 8p Hypnotherapy with Dean 7:30p - 9:30p Positively New
13	**Friday** 1p – 4p Chiropractic Clinic 7p – 9p Friday Night Lite 7p – 9p AA Meeting
14	**Saturday** 10:30a – 12p Yoga with Maya at Palm View Apts. 1p – 5p Ceramics Studio 3:30—4:30 Poetry Class
15	**Sunday** 1p – 5p Ceramics Studio
16	**Monday** 1p – 5p Acupuncture with Emperor's College 1p – 5p Ceramics Studio 7p – 9p Film Night— The Normal Heart —See pg. 6
17	**Tuesday** 10a—12p Facial Rejuvenation Clinic 12:30p –1:30p **Hands Only CPR with EMT Denise** 6p—7:30p: Shameless: Dirty, Sexy & Fun Group. BA Meeting Rm.
18	**Wednesday** 1:30p – 5p Acupuncture with Yo-San 7p – 9p Wednesday's Wiseguys
19	**Thursday** 12p – 8p Hypnotherapy with Dean **2pm—3:30pm Better Nutrition Through Juicing** **6pm—8pm Medical Update at Plummer Park** 7:30p - 9:30p Positively New
20	**Friday** 1p – 4p Chiropractic Clinic 7p – 9p Friday Night Lite 7p – 9p AA Meeting

Prevention for Positives Program

Got Questions? Worried? Need Help?

Our trained HIV+ Health Educators are here to listen, help you learn the latest in health information and help you develop a personal plan.

We can offer emotional support, prevention and referrals when needed.

Six no-cost sessions. Receive incentives during sessions.

Call Becky Hardin at (323) 874-4322 for more information.

Funding by the U.S. Centers for Disease Control and Prevention and the County of Los Angeles, Department of Public Health, Division of HIV and STD Programs.

Long Beach Pride—May 21 & 22

11AM—10PM

Downtown LB – Shoreline Drive

Visit the Being Alive Booth!

Bring your friends to learn more about PrEP.

Get a sexy (temporary) tattoo!

Take a pic in the PrEP Pride Photo Booth!

Spin our rainbow wheel to win prizes galore!

lblgp long beach lesbian & gay pride

Being Alive!

New Support Group!

Amigos POZitivos

En español

GRUPO DE APOYO

Jueves 12 y 26 de Mayo a las 12:00pm—2pm

Being Alive—7531 Santa Monica Blvd, WeHo

Roberto Melendez, facilitador

Esponsor: Cienega Pharmacy

Info: 323-874-4322

310-360-9969

MEDICAL UPDATE

April	
21	**Saturday** LONG BEACH PRIDE FESTIVAL—ALL DAY 10:30a – 12p Yoga with Maya at Palm View Apts. 1p – 5p Ceramics Studio 3:30p—4:30p Poetry Class
22	**Sunday** LONG BEACH PRIDE PARADE & FESTIVAL– ALL DAY .1p—5 p Ceramics Studio
23	**Monday** 1p – 5p Acupuncture with Emperor's College 1p – 5p Ceramics Studio 7p – 9p Film Night— North Sea Texas —See pg. 6
24	**Tuesday** 10a—12p Facial Rejuvenation Clinic 6p—7:30p: Shameless: Dirty, Sexy & Fun Group. BA Meeting Rm.
25	**Wednesday** 1:30p – 6p Acupuncture with Yo-San 7p – 9p Wednesday's Wiseguys
26	**Thursday** 11a—12p Meditation with Linda 12p—2p Amigos Pozitivos Grupo de Apoyo (en espanol) 12p – 8p Hypnotherapy with Dean 7:30p - 9:30p Positively New
27	**Friday** 1p – 4:30p Chiropractic Clinic 7p – 9p Friday Night Lite 7p – 9p AA Meeting
28	**Saturday** 10:30a – 12p Yoga with Maya at Palm View Apts. 1p – 5p Ceramics Studio 3:30p—4:30p Poetry Class
29	**Sunday** 1p—5 p Ceramics Studio
30	**Monday - Memorial Day** Being Alive Closed. (Except for prescheduled therapy) MEMORIAL DAY

SAVE THE DATE!

LA PRIDE PARADE—JUNE 12

VOLUNTEERS NEEDED TO BE IN THE PARADE! HELP CELEBRATE BEING ALIVE'S 30TH ANNIVERSARY!

SIGN UP TODAY!

Get Creative!

Peer Support through Art

Being Alive's

Ceramics Studio

At Specs Appeal

7976 Santa Monica Blvd

West Hollywood, CA 90046

Group support with art

Exclusively for Being Alive client-members

Drop-in Hours:

Sat, Sun & Mon - 1:00pm to 5:00pm

Facilitators: Jim and Brian

Contact Being Alive for additional questions

Being Alive's

Round Plate

Hands-On Nutrition Lab

Better Nutrition Through Juicing

Thursday, May 19th
2:00p - 3:30p

A hands-on nutrition class with sampling, recipes, and cost-savings ideas.

Learn how to improve your nutritional intake within your budget

Lab limited to 20 people.
Being Alive's program participation reservatiuon policy applies (see front of calendar for details)

Participants will be entered into a drawing for mini nutri-bullet