# CROI Update

Join us for a special presentation and discussion about innovations in HIV Treatment.

## Thursday, June 1, 2017

#### Plummer Park—Fiesta Hall, West Hollywood

7377 Santa Monica Blvd. — parking available around park premises

#### Program:

6:00pm Catered Dinner

6:30pm—8:30pm Educational Program

**RSVP:** Call 323.874.4322

Email Jamie@beingalivela.org







### **May 2017 Calendar**





## **Being Alive**

7531 Santa Monica Blvd #100 West Hollywood, CA 90046 (323) 874-4322 Monday - Friday: 10:00am to 6:00pm www.beingalivela.org



#### **Acupuncture\***

1:00p to 4:30p Mondays Wednesdays 1:30p to 4:30p Fridays 1:00p to 4:00p

#### **Ceramics** at Specs Appeal 7976 Santa Monica Blvd

Saturdays 1:00p to 5:00p Sundays 1:00p to 5:00p 1:00p to 5:00p Mondays

#### Chiropractic

Wednesdays 10:00a to 12:30p (May 10 through August 16) 1:00p to 4:00p Fridays 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

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

#### Psychotherapy\*

Mental Health counseling is provided by appointment after an intake specialist conference. Couples counseling is also available. Please call (323) 874-4322 for details on our **Dignity Plus** mental health 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 Partnering with the Actors Fund, contact Being Alive for more information.

#### ADAP / OA-HIPP Enrollment

Being Alive can now assist you with your ADAP needs. Please call for more information.

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

See wellness & support pages for details.

Y'all grab yer partner, hop up in the saddle n raise some bucks for our friends at Life Group LA!





An AIDS benefit supporting the Life Group LA and their POZ Life Weekend Seminar



SATURDAY, JULY 15, 2017

4рм то 11:30рм

It's time to dust off your Stetson and polish up your boots as we head up into the hills of Griffith Park for the 12th annual Saddle Up LA. Enjoy an afternoon riding and laughing with friends followed by a festive country BBQ, all to raise money in support of the Life Group LA.

If you have your own horse, great! If not, 75 horses are available on a first registered, first reserved basis. No horse riding experience necessary! All riders must be registered!





Being









Register for the ride, Sponsor a rider, and get your BBQ Tickets here: www.SaddleUpLA.org

or TOLL FREE 888-208-8081 x1

Find us on facebook Search for: Saddle Up LA

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## Being Alive Members Are invited to participate in...



Strength for the Journey Los Angeles is a five-day summer retreat providing a safe, caring and healing community. The week includes activities to nourish the mind, body and soul, so that participants may return home with renewed strength and spirit.

Located at Camp Colby in the Los Angeles National Forest, nestled in a peaceful wooded canyon just an hour drive from the city.

For more information, check the website at SFTJ-LA.org, call 323-223-7717 or email SFTHLA@gmail.com





## May 2017 at Being Alive!

4—Medical Update
10—Chiropractic Added on
Wednesdays 10am-1pm
14—Mothers' Day
18—Medical Update
20 & 21—Long Beach Pride
29—Memorial Day Holiday

## Coming in June 2017

1—HIV Matters—CROI Update 10-11— LA Pride 11—Pride March 27—Medical Update



A cure for millions begins with a single volunteer.

Volunteer Project is looking for individuals who are HIV positive and negative, men and women, trans and cis, over the age of 18.

SIGN UP TODAY 310-557-3675 www.hivrsvp.ucla.edu

#### **BEING ALIVE MISSION STATEMENT**

To end HIV infections by eliminating stigma, engaging people in wellness, removing barriers to care, and restoring dignity.

PUBLICATION	ONLINE
Being Alive Month Calendar of May 2017	Client-members are encouraged to use the Being Alive website for the latest information and updates.
Editor: Garry Bowie Publisher: Jamie Baker 7531 Santa Monica Blvd #100 West Hollywood CA 90046 323-874-4322	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 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. NO SHOWS for events where food is provided may be restricted from signing up for future events.

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.

### **2017 Commitment Fees**

Due to the large number of NO SHOWS and last minute CANCELLATIONS, we are instituting a commitment fee for most services.

For example, our therapists could have seen members for **780** more sessions if everyone attended as scheduled.

Beginning January 3, 2017, the following services will require a nonrefundable appointment commitment fee:

Acupuncture = \$2

Dinner and a Movie = \$2

Ticketed Events & Field Trips (in advance) = \$2

Mental Health Therapy = \$5

Sculptra = \$5

Payment is required at the time of service. No Shows will have to pay for missed appointments before being rescheduled.

There is a wait list for many services at Being Alive. Cancellations and no shows prevent other members from receiving services.



### 30th Anniversary Gala Event Gala Volunteer Committee Meetings Every Friday: 5:00pm to 7:00pm

Want to attend the gala for free?
Only those who join our working gala committee will get in.
This is a working plan committee.
The following volunteer positions are needed:

Bidding Paddle Monitors
Marketing & Press Releases
Silent Auction & Guest Table Hosts
Guest Registration
Design, Decorating & Staging Team
Entertainment & Stage Coordinators
Program Team
Awards Coordinators
Volunteer Coordinator
Silent Auction Team
Event Logistics Captain



Contact Jamie or Garry if you are interested. A limited number of volunteers will be allowed so sign up today.

(323) 874-4322 or email jamie@beingalivela.org

#### **Support / Social 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**

Movie Mondays - 7:00pm-9:00pm (Being Alive Meeting Room)

NEW! Come to a fun, interactive movie experience topped of with a post-movie discussion. Bring a pillow, dress in themed attire if you so desire, and enjoy some laughs and fun. Our friends from APLA will lead the post-movie discussion.

\*\*\*Sorry, dinner will not be served this month, but requisite movie popcorn will be available.\*\*\*

#### **Tuesdays**

Shameless: Dirty, Sexy and Fun - 6:00pm-7:30pm (Being Alive Meeting Room)

A weekly drop-in therapy group that takes the shame and stigma out of sex for HIV+ individuals or serodiscordant couples. New topics weekly!

**Let's "Taco 'Bout It" - 7:30pm-9:00pmpm** (*Micky's WeHo*) This open social group meets at Micky's for "Taco Tuesday." \$5 all you can eat tacos. Get out of your rut and meets some new friends!

#### Wednesdays

Wise Guys - 7:00pm to 9:00pm - (Being Alive Meeting Room)

An empowering drop-in social group for men and women <u>over</u> 35. The theme is discussing issues related to aging with HIV and meeting long term survivors dealing with HIV.

#### **Thursdays**

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..



## Did You Know?

## Being Alive is now an ADAP / OA HIPP Enrollment Site?

#### AIDS Drug Assistance Program

The AIDS Drug Assistance Program (ADAP) helps ensure that people living with HIV and AIDS who are uninsured and under-insured have access to medication. Individuals are eligible for ADAP if they:

- are a resident of California;
- are HIV infected;
- are 18 years of age or older;
- has a Modified Adjusted Gross Income of not more than 500% of Federal Poverty Level (FPL), based on household income (e.g., \$59,400 for a household of one);
- have a valid prescription from a licensed California physician; and
- do not qualify for no-cost Medi-Cal.

#### OA HIPP

Office of AIDS Health Insurance Premium Payment (OA HIPP) assists people who have a share of cost insurance premium with payment. To be eligible for the OA-HIPP program, a client must:

- Be enrolled in ADAP
- Have an HIV/AIDS diagnosis
- Be a California resident
- Be at least 18 years old
- Have a Modified Adjusted Gross Income (MAGI) that does not exceed 500% Federal Poverty Level based on household size (Effective June 24, 2015)

Same day appointments available. Please have CA ID, insurance card, utility bill, labs with CD4 and viral load, / diagnosis form, and proof of income (tax return or 3 months of pay stubs).



Call 323-874-4322 for more details and to schedule your appointment

#### **Prevention for Positives Program**

#### **Got Questions? Worried? Need Help?**

Our trained 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 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.

## Moving To Your First Place? Need Some Household Basics?

## A New Way Of Life Products In Kind

If you meet qualifications, you may receive 10 household items from Target or Bed, Bath and Beyond.

- -Must be a Being Alive Client-Member
- -Must complete an educational program
- -Must be in permanent housing within last 4 months

Call Becky at 323-874-4322 for more info.

A new program at Being Alive!



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A Weekly Support Group For HIV+

Every Friday Night! 7:00 pm—9:00 pm

1151 N. La Brea Ave. West Hollywood, CA

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.

Join facilitator Gary O'Brien who will guide you through open, safe conversations to get your weekend kicked-off with encouragement.

#### **Sponsored by Being Alive**

Contact Jamie@beingalivela.org

Or call 323-874-4322 for more information



#### Reiki is Back! - Saturdays by Appointment Only

Enjoy the gentle and highly powerful natural system of hands-on energy healing. Reiki/ Universal Life Energy is focused through the hands, to create communication with your body's intuitive wisdom, allowing one to balance physically, mentally, emotionally and spiritually.

Call Jamie at 323-874-4322 to book an appointment



#### About The Practitioner:

Connor is a Reiki II Healing Practitioner and Certified Personal Trainer. He grew up just outside of Minneapolis, Minnesota where he participated in competitive gymnastics, dance and diving – gaining a full spectrum of knowledge relating to the human body prior to studying theater at UCLA. Connor lives in West Hollywood with his dog Gatsby, currently pursuing a career in television.

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May 1	Monday  1p – 4:30p Acupuncture with Emperor's College 1p – 5p Ceramics Studio 7p – 9p Movie Night:: Sister Act (1992) see pg. 14
2	Tuesday 10a—12p Facial Rejuvenation Clinic 6p—7:30p Shameless: Dirty, Sexy & Fun Group 7:30p—? Taco Tuesday Social Group
3	Wednesday  1:30p – 4:30p Acupuncture with Claudia & Friends 7p – 9p Wednesday Wiseguys
4	Thursday—May The Forth Be With You 12p—8p Hypnotherapy with Dean 5p—6p Zumba with Rachel 6:30p—8p Medical Update at Fiesta Hall, Plummer Park *RSVP* 7:30p - 9:30p Positively New
5	Friday  1p – 4p Chiropractic Clinic  1p—4p Acupuncture* with Billy  7p – 9p Friday Night Lite  7p – 9p AA Meeting
6	Saturday 10:30a – 12p Yoga with Maya at Palm View Apts. 1p – 5p Ceramics Studio 1p—3p Acting Out Workshop 3:30—4:30 Writers Workshop
7	Sunday 1p—5p Ceramics Studio
8	Monday 1p – 4:30p Acupuncture with Emperor's College 1p – 5p Ceramics Studio 7p – 9p Movie Night: Other People (2016) see pg. 14
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10	Wednesday 10a—12:30p Chiropractic Clinic 1:30p – 4:30p Acupuncture with Claudia & Friends 7p – 9p Wednesday Wiseguys
11	Thursday Meditation at Palm View Apts. Call for time 12p—8p Hypnotherapy with Dean 5p—6p Zumba with Rachel 7:30p—9:30p Positively New



## MEDICAL UPDATE

### **Mental Health and HIV**

Thursday, May 4th, 2017

6:30pm—8:00pm

Plummer Park—Fiesta Hall

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

Sponsored by

Joseph Leahy—Janssen Therapeutics



## Let's Taco bout it!



### **Taco Tuesday Social Group**

Tuesdays at 7:30pm

At Mickys—8857 Santa Monica
West Hollywood

### **\$5 AYCE Tacos & Drink Specials**

Coordinated by Anthony B.

Come socialize, meet new friends,

and have some tacos.

A Being Alive Social Activity

May <b>12</b>	Friday  1p – 4p Chiropractic Clinic  1p—4p Acupuncture* with Billy  7p – 9p Friday Night Lite  7p – 9p AA Meeting
13	Saturday 10:30a – 12p Yoga with Maya at Palm View Apts. 1p – 5p Ceramics Studio 1p—3p Acting Out Workshop 3:30—4:30 Writers Workshop
14	Sunday—Mothers' Day 1p—5p Ceramics Studio  Mother's Day
15	Monday 1p – 4:30p Acupuncture with Emperor's College 1p – 5p Ceramics Studio 7p – 9p Movie Night: Moonlight (2016) see pg. 14
16	Tuesday 10a—12p Facial Rejuvenation Clinic 6p—7:30p Shameless: Dirty, Sexy & Fun Group 7:30p—? Taco Tuesday Social Group
17	Wednesday 10a—12:30p Chiropractic Clinic 1:30p – 4:30p Acupuncture with Claudia & Friends 7p – 9p Wednesday Wiseguys
18	Thursday 12p—8p Hypnotherapy with Dean 5p—6p Zumba with Rachel 6:30p—8:30p Medical Update *RSVP* 7:30p - 9:30p Positively New
19	Friday  1p – 4p Chiropractic Clinic  1p—4p Acupuncture* with Billy  7p – 9p Friday Night Lite  7p – 9p AA Meeting
20	Saturday 10:30a – 12p Yoga with Maya at Palm View Apts. 1p – 5p Ceramics Studio 1p—3p Acting Out Workshop 3:30—4:30 Writers Workshop
21	Sunday 1p—5p Ceramics Studio

Being Alive May 2017

## **Share Your Story!**

Hurry! Must be completed by 8/30/17



28 Ceramic/Fused Glass **Musical Lighted Globes** are needed for our 30th Anniversary Gala.

Lighted globes made by our members to represent their HIV journey to wellness, will be used at table centerpieces to be auctioned off. Members who globes are used for the event will be provided free gala participation.

Create your globe with ceramic and/or fused glass. All items provided and a storycard for you to complete your unique centerpiece to be featured at the gala.

> Time is running out and globes must be completed by August 30th.

#### **Being Alive Ceramics Studio**

at Specs Appeal (back studio)

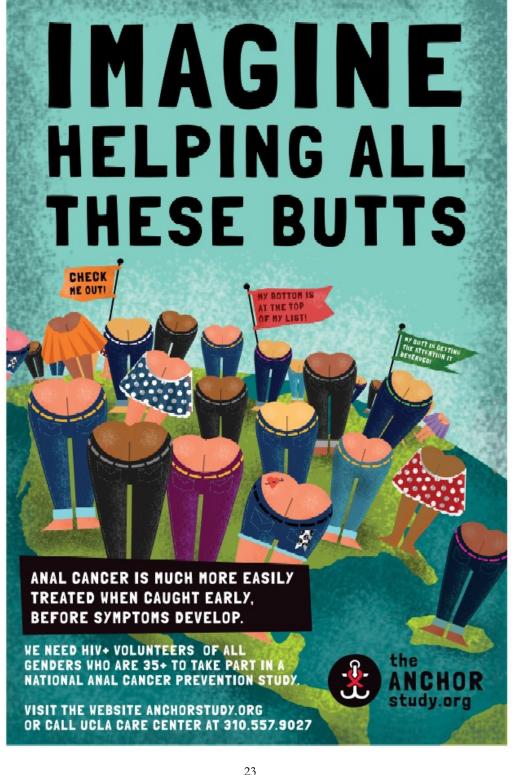
7976 Santa Monica Blvd.

**Drop-in Studio Hours:** 

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

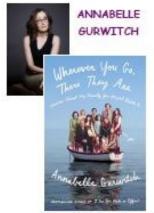
Facilitators: Jim and Brian



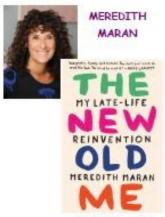


## IT'S NEVER TOO LATE TO TRY SOMETHING NEW

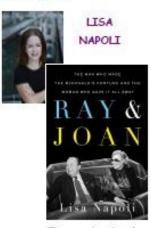
Late Life Reinventions, Reflections and (No) Regrets!



A surrogacy of sisterhoods, temporary tribes, communities and cults...



Starting over at 60 in youth-obsessed, beauty-obsessed Hollywood...



The second coming of Joan Kroc as philanthropist extraordinaire...

Come hear true tales, wise words and life lessons from these three outstanding women.

FRIDAY, May 26, 2017 7:00pm

CITY COUNCIL CHAMBERS at the WEST HOLLYWOOD LIBRARY
625 N. San Vicente Blvd.
West Hollywood, CA 90069

Free Admission! Free Parking! Light Refreshments! Book Sales/Signing hosted by Book Soup!

To RSVP go to <a href="https://its-never-too-late.eventbrite.com">https://its-never-too-late.eventbrite.com</a> or contact Corey Roskin at croskin@wcho.org or (323) 848-6403

Sponsored by Book Soup, West Hollywood Library and City of West Hollywood (WeHo Arts, WeHo Reads, Lesbian Speakers Series, and Senior Advisory Board)











<b>May 22</b>	Monday 1p – 4:30p Acupuncture with Emperor's College 1p – 5p Ceramics Studio 7p – 9p Movie Night: Pride (2014) Pg. 14
23	Tuesday 10a—12p Facial Rejuvenation Clinic 6p—7:30p Shameless: Dirty, Sexy & Fun Group 7:30p—? Taco Tuesday Social Group
24	Wednesday 10a—12:30p Chiropractic Clinic 1:30p – 4:30p Acupuncture with Claudia & Friends 7p – 9p Wednesday Wiseguys
25	Thursday Meditation at Palm View Apts. Call for time 12p—8p Hypnotherapy with Dean 5p—6p Zumba with Rachel 7:30p - 9:30p Positively New
26	Friday 1p – 4p Chiropractic Clinic 7p – 9p Friday Night Lite 7p – 9p AA Meeting
27	Saturday—Ramadan Begins 10a—2p Reiki with Conner (by appointment) 10:30a – 12p Yoga with Maya at Palm View Apts. 1p – 5p Ceramics Studio 1p—3p Acting Out Workshop 3:30—4:30 Writers Workshop
28	Sunday 1p—5p Ceramics Studio MEMORIAL DAY
29	Monday- Memorial Day Being Alive is Closed Today. Check with your therapist for your regularly scheduled appointment.
30	Tuesday 10a—12p Facial Rejuvenation Clinic 6p—7:30p Shameless: Dirty, Sexy & Fun Group 7:30p—? Taco Tuesday Social Group
31	Wednesday 10a—12:30p Chiropractic Clinic 1:30p – 4:30p Acupuncture with Claudia & Friends 7p – 9p Wednesday Wiseguys

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## **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

Share Your Inner Voice

Open to Everyone



**RSVP** to Jamie Baker (323)874-4322

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







#### **Being Alive**



In Partnership With

Thilosopher's Stone Toets Society **Present** 

## **Writers Workshop**



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

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

Call Jamie at 323-874-4322 with questions.

Pspoets.weebly.com

## NOW SHOWING MOVIE MONDAYS 7DM

May 1: Sister Act (1992) - A Vegas singer witnesses a mob murder and the cops stash her in a nunnery to protect her from the hitmen. The mother superior does not trust her and takes steps to limit her influence on the other nuns. Eventually the singer rescues the failing choir and begins helping with community projects, which gets her an interview on TV. This alerts the mob to her whereabouts, and the chase is back on. Starring Whoopi Golder and an all-star cast, this movie will have you laughing in your pew.

May 8: Other People (2016) - David moves back home to be with his mother for the year between her giving up her fight against cancer and slowly dying. David's relationship with his family is, at best, strained (especially in regard to his father) because of an apparent difficulty in accepting his homosexuality. Although the subject matter is genuinely distressing and could slip into melodrama easily, his mother's death ultimately helps restore his familial bonds and become an integrated part of the family unit again. Starring Molly Shannon and Jesse Plemons.

May 15: **Moonlight** (2016) - Join us for the literal suprise Best Picture at the 2017 Academy Awards. This film chronicles the childhood, adolescence and burgeoning adulthood of a young, African-American, gay man growing up in a rough neighborhood of Miami. Nominated for a total of 8 Academy Awards including a win for Best Performance by an Actor in a Supporting Role for Mahershala Ali. "At some point you've got to decide for yourself who you gonna be. Can't let nobody make that decision for you."

May 22: **Pride** (2014) - United Kingdom LGBT activists work to raise money for the miners during their lengthy strike of the National Union of Mineworkers in the summer of 1984. Though initially rebuffed by the Union, the two groups discover that they're stronger when standing together. This film is the winner of the 2014 British Independent Film Award Best Movie.

May 29: MEMORIAL DAY HOLIDAY—NO MOVIE



#### **The Donor Legacy Wall**

"Some people come into our lives and quickly go. Some people stay for a while and leave footprints on our hearts, and we are never, ever the same."

- Flavia Weedn



Gold engraved glass tile placed 1.5" on stand-off.



Silver engraved glass tile placed 1" on stand-off.



Bronze engraved glass tile placed 1/2" on stand-off.

We're building our Donor Legacy Wall. The first blocks are being created today. Leave your footprints forever and help support Being Alive that has helped thousands of men & women over the last 30 years.



Future Donor Legacy Wall

#### **Leave a lasting footprint**

Glass Engraved Tile Corporate Giving Plaque Annual Giving Display 360 Club

You can end up on the Donor Legacy Wall for a little as \$88 a month.

Contact Garry Bowie for more information. garry@beingalivela.org (323) 874-4322



An Educational Support Group for Anyone Newly Diagnosed with HIV (within first two years)

A Safe Space to Meet Your Peers, Get Support, and Learn About Your HIV and Healthcare Options

WHEN:

THURSDAYS 7:30-9:30 PM

WHERE:

BEING ALIVE, in WEHO

7531 SANTA MONICA BOULEVARD, SUITE 100 WEST HOLLYWOOD, CA 90046

Please call Brian for more information at 323.365.5600

SPONSORED BY





### RESEARCH PARTICIPANTS NEEDED



#### **Neurological, Neurocognitive, and Functional Consequences** of HIV

This UCLA approved study examines patients' thinking, memory, and emotional function

You may be eligible if you:

- Are 50 years of age or older
- Self-identify as either African-American or Caucasian
- Were born and educated in the United States
- Are HIV-positive

Your participation will involve taking paper-pencil and computerized tests of attention and memory, completing questionnaires, providing a urine and blood sample. You may also have pictures of your brain taken in a scanner.

> Participants will be compensated up to \$141 for their time UCLA parking fees are covered

For more information, call Zanjbeel Mahmood (Lab Manager) Social Neuroscience in Health Psychology Lab, UCLA http://snihp.semel.ucla.edu/

(323) 379-3609

Protocol ID:IRB#12-000406 UCLA IRB Approved Approval Date: 12/21/2016 Through: 7/27/2017 Committee: Medical IRB 3



Come as you are—bring a friend!

Get In Shape For Spring! Come Dance For Joy!

# ZUMBA

**Thursday Afternoons** 

5:00pm-6:00pm



At Being Alive

Zumba involves dance and aerobic movements performed to energetic music. The choreography incorporates hiphop, soca, samba, salsa, merengue and mambo.

Come ready to MOVE! Beginners,

Intermediate

Advanced

All are welcome!

Bring a towel

Join instructor Rachel for some invigorating Zumba dance fitness.

Space limited—RSVP to 323-874-4322

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