

# Descanso Gardens Springtime Field Trip! Thursday, May 7th

**9:30am Check In at Being Alive**

**4:00pm Departure from Descanso**

**5:00pm Est. Arrival at Being Alive**

**Lunch Provided**

**Register by emailing [becky@beingalivela.org](mailto:becky@beingalivela.org)**

**Parking available for a fee nearby:**

**7080 Hollywood - \$20/day**

**Hollywood/Sycamore - \$10/day**



**April 2026**



cottagemagpie.com

## **Being Alive**

**7080 Hollywood Blvd., Suite 450 - Los Angeles, CA 90028**

**(323) 874-4322**

**Monday - Thursday 10am - 6pm; Friday by appointment only**

**[www.beingalivela.org](http://www.beingalivela.org)**

**Being Alive Harm Reduction Center**

**7976 Santa Monica Blvd. - West Hollywood, CA 90046**

**(323) 848-4445 Office: Monday-Saturday 10am - 6pm**

**Participant Hours: Tuesday - Saturday 1pm - 5pm**



**BA BEING ALIVE!**  
**WELLNESS CENTER**

**Acupuncture**

Wednesdays 10:00a to 2:00p  
By Appointment Only

**Ceramics** at BA Harm Reduction Ctr  
7976 Santa Monica Blvd

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

**Chiropractor**

Mondays 10:30a to 4:00p  
By Appointment, Walk-Ins appointments available for returning clients.

New Chiropractic Clinic patients must arrive at least 15 minutes prior to appointment time to complete paperwork.

**Reiki with Wade**

Mondays 11:00a to 2:00p  
By Appointment Only

**Massage with Sebastian & Alex**

Mondays 2:00p to 5:00p  
Wednesdays 10:30a to 1:30p  
By Appointment Only

**Psychotherapy**

Mental Health counseling is provided by appointment. Couples counseling is also available. Please call Becky at (323) 874-4322 for details about Being Alive's mental health program.

**Facial Rejuvenation Clinic**

Tuesdays 10:00a to 12:00p

In partnership with Robert H. Cohen, MD, Sculptra treatment is provided by appointment and approval only. Call Silvia at 323-874-4322 for information. As of December 2024, Galderma, the pharma company that makes Sculptra, has ended its patient assistance program. NO NEW APPLICATIONS are being accepted. Clients with existing product will be scheduled.

**ADAP / OA-HIPP Enrollment**

Being Alive can assist you with your ADAP and OA-HIPP needs. Please call 323-874-4322 for more information.



**Medical Update Dinner**



**Thursday, April 23rd, 2026**  
**6:00pm—8:00pm**  
**The Marmalade Café**

Farmer's Market at The Grove  
6333 W 3rd St., #E-17  
Los Angeles, CA 90036

Structure Parking Available  
Restaurant Validates for 90 min.- any additional charge is the client's responsibility.  
Consider ride share or parking across the street.

**You must register to attend.**  
**Email [Becky@beingalivela.org](mailto:Becky@beingalivela.org) to register.**



Presenter:  
Dr. Ayana Elliott



Being Alive's Wellness Center is partially funded by a generous grant from the City of West Hollywood.

**Appointments Required For Wellness Appointments**  
Call 323-874-4322 for more details

# HEART2HEART

**TOPIC AND PROCESS GROUP**

**STARTING MARCH 5TH**

**THURSDAYS 7:00PM - 8:30PM**

**LED BY DEMETRIO AND AALIYA**

**(SUPERVISED BY BARBARA HERRING LMFT 109537)**

**SIGN UP FOR MORE INFO BY SCANNING THE QR CODE**



Email [HEART2HEART.BEINGALIVE@GMAIL.COM](mailto:HEART2HEART.BEINGALIVE@GMAIL.COM) for more info.



## Events at a Glance

### April 2026

23 - Medical Update

29 - Yoga for Every Body

More to come!



### May 2026

7 - Field Trip to Descanso Gardens (Tentative)

18 - LA Public Library Sign Up

29- Yoga for Every Body

More to come!

**REMINDER:** If you are feeling ill, please cancel your appointment. We will be happy to reschedule your appointment without any penalty or cancellation fee.

# BEING ALIVE MISSION STATEMENT

To eliminate stigma and barriers to care by delivering integrated wellness, mental health, and community support with compassion—ensuring every person living with HIV has the opportunity to thrive.

PUBLICATION	ONLINE
<p><b>Being Alive Monthly Calendar</b></p> <p><b>April 2026</b></p> <p><b>Publisher: Being Alive</b>                      7080 Hollywood Blvd., Ste. 450                      Los Angeles, CA 90028                      323-874-4322</p>	<p>Clients are encouraged to use the Being Alive website and Facebook for the latest information and updates.</p> <p><b><a href="http://www.beingalivela.org">www.beingalivela.org</a></b></p> <p>Or follow us on</p>  

**APPOINTMENT & CANCELLATION POLICY**  
 Many events, activities, clinics and some groups require reservations.

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 will incur a \$20 fee and may result in restriction from 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.

LATE POLICY—If you are more than 10 minutes late for an appointment, you may not be seen and will have to reschedule for a future date.

**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.

# The Wise Ones



Every Wednesday  
 7:00pm - 9:00pm

Email [Becky@BeingAliveLA.Org](mailto:Becky@BeingAliveLA.Org)  
 for the ZOOM link.

Now IN PERSON on the  
 4th Wednesday  
 of each month.



“The Wise Ones” is an empowering drop-in social group for individuals over 35 who are long-term survivors living with HIV. Discussion themes include issues related to aging and is an opportunity to meet others and share experiences.

# **MASSAGE THERAPY AT BEING ALIVE!**

**Mondays from 2:00pm - 5:00pm  
with Sebastian**

**Wednesdays from 10:30am - 1:30pm  
with Alex**

**Email [Becky@BeingAliveLA.org](mailto:Becky@BeingAliveLA.org) to join the waitlist.**

**Please arrive 20 minutes early for your first  
appointment to fill out paperwork.**



## **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 [becky@beingalivela.org](mailto:becky@beingalivela.org) or (323) 874-4322

### **Mondays**

**If you have ideas for a group you would like to see at Being Alive, let us know!**

### **Tuesdays**

**Queen Bees - 6:00pm—7:30pm** (Virtual on Zoom)

A new women's support group for women seeking support and connection in a safe atmosphere. Discussions will be guided by group members and facilitated by Becky. Email [becky@beingalivela.org](mailto:becky@beingalivela.org) for more information.

### **Wednesdays**

**Wise Ones - 7:00pm to 9:00pm** - (Virtual on ZOOM - In Person on 4th Wednesdays)

An empowering drop-in social group for individuals over 35. The theme is discussing issues related to aging with HIV and meeting long-term survivors dealing with HIV. Email [Becky@BeingAliveLA.org](mailto:Becky@BeingAliveLA.org) to join.

### **Thursdays**

**Heart2Heart Process Group - 7:00pm to 8:30pm** (On Zoom)

This is a therapist-led process group held weekly virtually. See the flyer to scan the code or email [heart2heart.beingalive@gmail.com](mailto:heart2heart.beingalive@gmail.com) for more information.

**CMA "Non-God Squad" - 7:30pm to 9:00pm** (IN PERSON at BA Harm Reduction Ctr.)

This meeting is both HIV / LGBTQIA + affirmative. 7976 Santa Monica Blvd., West Hollywood. Crystal Meth Anonymous is a non-profit, 12-step fellowship for those in recovery from addiction to crystal meth. Membership in CMA is open to anyone with a desire to stop using drugs.

### **Fridays**

**Courage 2 Connect - 6:30pm to 7:45pm** (IN PERSON at BA Wellness Center)

Join us for a gentle, spiritually centered exploration of recovery from emotional and relational anorexia. This is a 12-step drop-in group open to all.





**Friday Night Lite - 7:00pm to 9:00pm** (Virtual on ZOOM)

Shake off the weekday dust and get ready for the weekend in a fun, safe environment with other HIV+ people who can support each other in a compassionate and uplifting way. Kick-off your weekend with encouragement! Facilitated by Richard. Email [richardfnt@gmail.com](mailto:richardfnt@gmail.com) to join.

### **Saturdays**

**CMA "Hollywood Stars" - 7:00pm to 8:00pm** (IN PERSON at Being Alive)

This meeting is both HIV / LGBTQIA + affirmative. 7080 Hollywood Blvd., Suite 450, Los Angeles, CA 90028 Crystal Meth Anonymous is a non-profit, 12-step fellowship for those in recovery from addiction to crystal meth. Membership in CMA is open to anyone with a desire to stop using drugs.

	<p><b>Wednesday - Passover Begins</b>  10a - 2p Harm Reduction Program at Minority AIDS Project  10a - 2p Acupuncture Clinic. By Appointment Only  10:30a - 1:30p Massage Clinic with Alex  7p - 9p Wise Ones on ZOOM</p>
<p><b>2</b></p>	<p><b>Thursday</b>  11a - 3p Harm Reduction Program at APAIT  6:30p - 7:30p Qi Gong w/ Trenton  7p - 8:30p Heart2Heart Process Group (virtual)  7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center</p>
<p><b>3</b></p>	<p><b>Friday</b>  11a - 3p Harm Reduction Program at AHF Hollywood Flagship  6:30p - 7:45p Courage2Connect Group  7p - 9p Friday Night Lite on ZOOM</p>
<p><b>4</b></p>	<p><b>Saturday</b>  12p - 4p Ceramics Studio open  1p - 5p Harm Reduction Program at Being Alive WeHo  7p - 8p CMA "Hollywood Stars"</p>
<p><b>5</b></p>	<p><b>Sunday - Easter</b>  1p - 5p Ceramics Studio Open</p> 
<p><b>6</b></p>	<p><b>Monday</b>  12p - 4p Chiropractic Clinic. By Appointment and Walk-In  11a - 2p - Reiki with Wade. By Appointment Only  2p - 5p Massage Clinic w/ Sebastian  1p - 5p Ceramics Studio Open</p>
	<p><b>Tuesday - WHO "World Health Day"</b>  10a - 12p Facial Rejuvenation Clinic  11a - 3p Harm Reduction Program at AHF Hollywood Flagship  6p - 7:30p The Queen Bees Women's Group</p>
<p><b>8</b></p>	<p><b>Wednesday</b>  10a - 2p Harm Reduction Program at Minority AIDS Project  10a - 2p Acupuncture Clinic. By Appointment Only  10:30a - 1:30p Massage Clinic with Alex  7p - 9p Wise Ones on ZOOM</p>
<p><b>9</b></p>	<p><b>Thursday</b>  11a - 3p Harm Reduction Program at APAIT  6:30p - 7:30p Qi Gong w/ Trenton  7p - 8:30p Heart2Heart Process Group (virtual)  7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center</p>
	<p><b>Friday - National Youth HIV/AIDS Awareness Day</b>  11a - 3p Harm Reduction Program at AHF Hollywood Flagship  6:30p - 7:45p Courage2Connect Group  7p - 9p Friday Night Lite on ZOOM</p>

**No Wait List**  
**No Session Limit**  
**Immediate Openings Available**




# Mental Health Matters

Free or Low-Cost Talk Therapy for HIV+ Individuals

This mental health program is funded in part by the City of West Hollywood. Through this support, Being Alive is able to offer accessible, affirming mental health services to people living with HIV — ensuring our community has the care, compassion, and resources needed to thrive.

-  HIV-informed & LGBTQIA+ affirming therapists
-  In-person or telehealth options
-  Anxiety, depression, and stress support

 **(323)874-4322**

-  [beingalivela.org](http://beingalivela.org)
-  [becky@beingalivela.org](mailto:becky@beingalivela.org)



# YOGA

## AT BEING ALIVE



YOGA FOR EVERY BODY

Last Wednesday of Every Month  
3:30 - 4:30

### WE WILL BE OFFERING:

- Yin Yoga
- Adaptive/Chair Yoga
- Pranayama (Breathwork) & Guided Meditations

Ross Meredith began his yoga journey at Being Alive in 2013 and has since deepened his practice through a 200-hour teacher training at YogaUSC and a 60-hour Yin certification from Hot8 Yoga.

Ross' classes will show the transformative power of yoga and emphasize feel-good movement, mindfulness, and breathwork.






Bring yoga mat, blocks, blanket, and water.

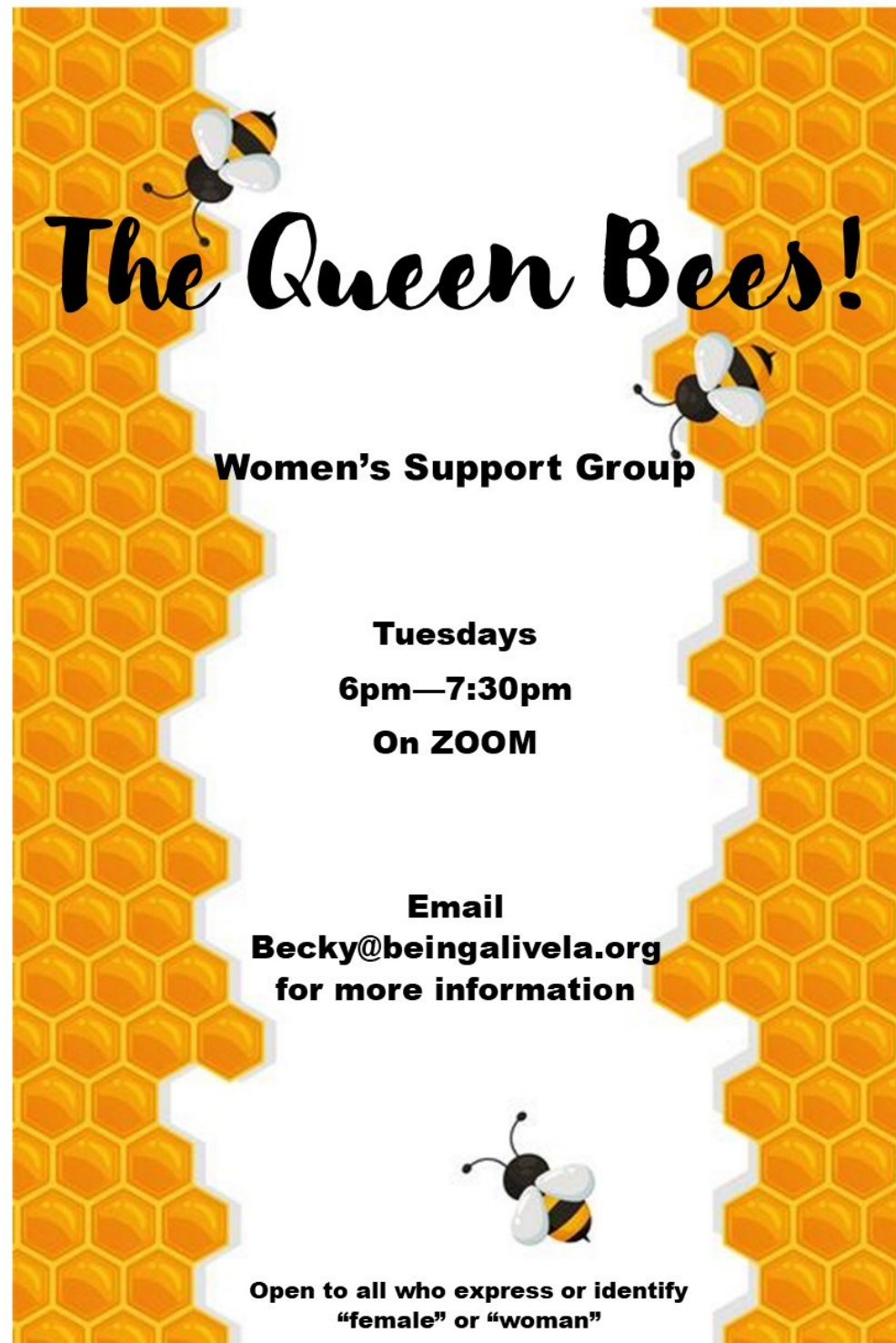


RSVP to Ross - 323.874.4322 or email [RMeredith@beingalivela.org](mailto:RMeredith@beingalivela.org)

7080 Hollywood Blvd, Suite 450  
Los Angeles, CA 90028

<b>April 11</b>	<p><b>Saturday - National Pet Day</b> 12p - 4p Ceramics Studio open 1p - 5p Harm Reduction Program at BA WeHo 7p - 8p CMA "Hollywood Stars"</p> 
<b>12</b>	<p><b>Sunday</b> 1p - 5p Ceramics Studio Open</p>
<b>13</b>	<p><b>Monday</b> 1p - 5p Chiropractic Clinic. By Appointment and Walk-In 11a - 2p - Reiki with Wade. By Appointment Only 2p - 5p Massage Clinic w/ Sebastian 1p - 5p Ceramics Studio Open</p>
<b>14</b>	<p><b>Tuesday</b> 10a - 12p Facial Rejuvenation Clinic 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 6p - 7:30p The Queen Bees Women's Group</p>
<b>15</b>	<p><b>Wednesday - Tax Day</b> 10a - 2p Harm Reduction Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 10:30a - 1:30p Massage Clinic with Alex 7p - 9p Wise Ones on ZOOM</p> 
<b>16</b>	<p><b>Thursday</b> 11a - 3p Harm Reduction Program at APAIT 11a - 12p LA Public Library Resources Presentation 6:30p - 7:30p Qi Gong w/ Trenton 7p - 8:30p Heart2Heart Process Group (virtual) 7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center</p>
<b>17</b>	<p><b>Friday - Long Beach Grand Prix Weekend Starts</b> 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 6:30p - 7:45p Courage2Connect Group 7p - 9p Friday Night Lite on ZOOM</p>
<b>18</b>	<p><b>Saturday</b> 12p - 4p Ceramics Studio open 1p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"</p>
<b>19</b>	<p><b>Sunday - National Garlic Day</b> 1p - 5p Ceramics Studio Open</p> 
<b>20</b>	<p><b>Monday</b> 12p - 4p Chiropractic Clinic. By Appointment and Walk-In 11a - 2p - No Reiki Today 2p - 5p Massage Clinic w/ Sebastian 1p - 5p Ceramics Studio Open</p>

<p><b>April</b> <b>21</b></p>	<p><b>Tuesday</b> 10a - 12p Facial Rejuvenation Clinic 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 6p - 7:30p The Queen Bees Women's Group</p>
	<p><b>Wednesday - Earth Day</b> 10a - 2p Harm Reduction Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 10:30a - 1:30p Massage Clinic with Alex 3:30p - 4:30p Yoga for Every Body 7p - 9p Wise Ones on ZOOM</p>
<p><b>23</b></p>	<p><b>Thursday</b> 11a - 3p Harm Reduction Program at APAIT 6p - 8p Medical Update Dinner at Marmalade Cafe 6:30p - 7:30p No Qi Gong 7p - 8:30p Heart2Heart Process Group (virtual) 7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center</p>
<p><b>24</b></p>	<p><b>Friday</b> 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 6:30p - 7:45p Courage2Connect Group 7p - 9p Friday Night Lite on ZOOM</p>
<p><b>25</b></p>	<p><b>Saturday</b> 1p - 5p Ceramics Studio Open 1p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"</p>
<p><b>26</b> </p>	<p><b>Sunday - Hug An Australian Day (dibs on Chris Hemsworth)</b> 1p - 5p Ceramics Studio Open</p>
<p><b>27</b></p>	<p><b>Monday</b> 10:30a - 4p Chiropractic Clinic. By Appointment and Walk-In 11a - 2p - Reiki with Wade. By Appointment Only 1p - 5p Ceramics Studio Open 2p - 5p Massage Clinic with Sebastian</p>
<p><b>28</b></p>	<p><b>Tuesday</b> 10a - 12p Facial Rejuvenation Clinic 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 6p - 7:30p The Queen Bees Women's Group</p>
<p><b>29</b></p>	<p><b>Wednesday - International Dance Day</b> 10a - 2p Harm Reduction Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 10:30a - 1:30p Massage Clinic with Alex 3:30p - 4:30p Yoga for Every Body 7p - 9p Wise Ones IN PERSON!</p> 
<p><b>30</b></p>	<p><b>Thursday</b> 11a - 3p Harm Reduction Program at APAIT 6:30p - 7:30p No Qi Gong Today 7p - 8:30p Heart2Heart Process Group (virtual) 7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center</p>



**The Queen Bees!**

**Women's Support Group**

**Tuesdays  
6pm—7:30pm  
On ZOOM**

**Email  
Becky@beingalivela.org  
for more information**

**Open to all who express or identify  
"female" or "woman"**

# Being Alive's Syringe Servicing Program Newly Expanded Hours



**Harm Reduction Center**  
7976 Santa Monica Blvd.  
West Hollywood, CA 90046

**Tuesdays - Saturdays**  
12:00 p.m. - 5:00 p.m.

**Sundays - Mondays**  
Closed

**AHF Flagship Pharmacy**  
4905 Hollywood Blvd.  
Los Angeles, CA 90028  
**Tuesdays & Fridays**  
11:00 a.m. - 4:00 p.m.

**Minority AIDS Project**  
5149 W. Jefferson Blvd.  
Los Angeles, CA 90016  
**Wednesdays**  
10:00 a.m. - 3:00 p.m.

**APAIT**  
3055 Wilshire Blvd.  
Los Angeles, CA 90010  
**Thursdays**  
11:00 a.m. - 4:00 p.m.

## Four Locations to Serve You



BeingAliveLA



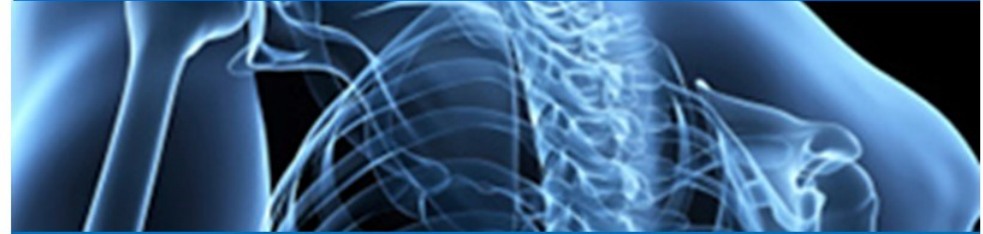
BeingAlive\_LA



@BeingAlive1986



## CHIROPRACTIC CARE



**Mondays 10:30AM - 4PM**  
**By appointment and walk-in!**



**Call 323-874-4322**  
**for an appointment or info.**



# Reiki

*With Wade*

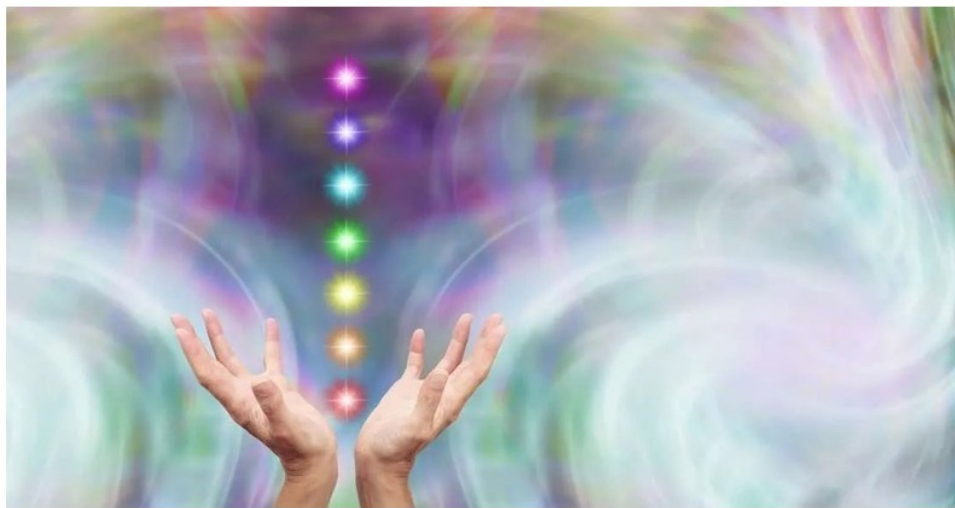
**Mondays 11am - 2pm**  
**by Appointment Only**

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

*Email [Becky@beingalivela.org](mailto:Becky@beingalivela.org)*

*or call 323-874-4322 to book an appointment.*

For more information about Reiki Master Wade Cook, visit [WadeEmpowers.com](http://WadeEmpowers.com)



YOUR ONE STOP PHARMACY  
SI HABLAMOS ESPAÑOL  
WE ARE HERE FOR YOU!



**GET YOUR  
MEDICATION  
& VITAMINS  
ALL IN  
ONE STOP.**

**ASK ABOUT OUR VITAMIN PROGRAM?  
WE NOW CARRY CABENUVA.**

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8578 Santa Monica Blvd  
West Hollywood, CA 90069  
310-289-1125

4454 Van Nuys, Blvd  
Sherman Oaks, CA 91403  
818-905-8338

[CapitolDrugs.com](http://CapitolDrugs.com)

**WE ACCEPT MOST INSURANCE:  
PRIVATE, ADAP, MEDI-CAL, CO-PAY ASSISTANCE CARDS**



## Have Loose Ends To Tie Up? Need Extra Support? New To HIV?

We're Here to Help.

Case Management & Extra Support for Medical and Social Needs

### We can help with:

- Medical care coordination
- Medications & appointments
- Community & social resources
- Ongoing guidance & support



An experienced case manager, treatment educator, and trainer, Ms. Simek has worked in HIV/AIDS for more than 25 years. Prior to joining the staff of Being Alive, she worked at AIDS Research Alliance, AIDS Project Los Angeles, and the UCLA CARE Center. Fluent in Spanish, she is dedicated to helping people living with HIV/AIDS improve their health and well being.



Ending  
the  
HIV  
Epidemic

Ending the HIV Epidemic in Los Angeles County  
By Utilizing the Right Data, Right Tools, and Right Leadership

# Get Creative!

## Peer Support through Art



# Ceramics Studio

7976 Santa Monica Blvd—WeHo  
(Behind the Harm Reduction Center)



Exclusively for Being Alive client-members

### Drop-in Hours:

Sat, Sun & Mon - 12:00pm to 4:00pm

Facilitated by Jim S.

Contact Being Alive with additional questions

**CLOSED DURING INCLEMENT WEATHER**  
(Rain, extreme heat, high winds, etc.)

# QI GONG

**NEW at Being Alive!**

**Every Thursday**

**6:30pm - 7:30pm**

**In the Being Alive Main Room**

**Wear loose, comfortable clothing!**

**All abilities welcome!**

**Sign up with [Becky@BeingAliveLA.org](mailto:Becky@BeingAliveLA.org)**

Trenton, a Qi Gong practitioner, massage therapist with seven years of experience, is a current acupuncture student at Yo San University. Growing up on a ranch in Oregon, he developed a deep connection to nature, animals, and the rhythm of life, something that continues to shape him.

Qi Gong is often described as Chinese calisthenics with breath—gentle, flowing movements paired with intentional breathing to regulate emotions, improve balance, and support overall well-being. It's both ancient and deeply accessible. Whether seated or standing, at home or in class, Qi Gong meets you where you are. You will be guided to move within your own ability, comfort, and boundaries helping you reconnect with your body and restore harmony between mind, body, and spirit.

#### Health Benefits of Qi Gong:

Improves Mood

Improves Energy

Improves Cognition

Improves Balance



# ACUPUNCTURE

Get to the point and schedule your acupuncture appointment today!



**WEDNESDAYS 10AM-2PM**

with Acupuncturist Dr. Lana, DAOM, LAc  
and intern Leora.

**By Appointment Only!**

Call 323-874-4322 for an appointment.

Masking optional but encouraged.

# Friday Night Lite

A WEEKLY SUPPORT GROUP FOR PEOPLE LIVING WITH HIV

**Every Friday Night ~ 7:00 - 9:00 PM**

Shake off the weekday dust and get ready for the weekend in a fun, safe environment with other HIV+ people who can support each other in a compassionate and uplifting way.

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



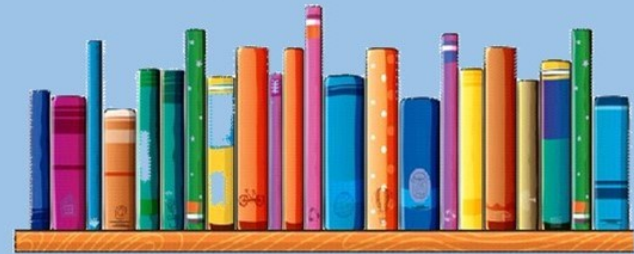
**Email Richard for the Zoom link to join  
richardfnlt@gmail.com**

Sponsored by Being Alive  
Contact [Becky@BeingAliveLA.org](mailto:Becky@BeingAliveLA.org)  
or call 323.874.4322 for more info



# BEING ALIVE!

## LIBRARY



Come borrow a BOOK.  
**WITH NO TIME LIMITS**

Open Wednesday from  
**10am-1pm** in the main  
lobby. Or call to make  
an appointment!



# COURAGE2 CONNECT

**Sex and Love Addicts Anonymous  
Anorexia Step Study Meeting  
Fridays at 6:30 PM - 7:45 PM at Being Alive  
Wade, facilitator**

Join us for a gentle, spiritually centered exploration of recovery from emotional and relational anorexia.

This weekly group integrates 12-step study, meditation, and spirituality using the Sex and Love Addicts Anonymous Anorexia Step Study Guides.

The meeting offers a space for quiet honesty, shared experience, and connection with others healing from patterns of avoidance, fear of intimacy, and self-protection.

All are welcome — newcomers and long-timers alike.

## **Cancellation & No Show Policy**

**(effective 4/1/22)**



Due to the continually high number of NO SHOWS for acupuncture and chiropractic appointments, a fee of \$5 will be charged prior to scheduling your next appointment. This includes last minute cancellations (less than 48 hours).

**NO SHOW FEE = \$5**

**LATE CANCELLATION FEE = \$5**

**3 NO SHOWS/LATE CANCELLATIONS MAY  
RESULT IN LOSS OF FUTURE APPOINTMENTS.**

**(NO SHOWS FEE FOR SCULPTRA =\$100 AND  
MOVED TO NEXT AVAILABLE APPOINTMENT  
(1 YEAR WAIT)**

Free does not mean valueless. When clients miss appointments, clinicians lose training hours. Being Alive loses numbers for grant reporting, and staff loses valuable time to find someone to fill the spot.