

August 2026

BA BEING ALIVE! 40!

BA BEING ALIVE! 40!
Anniversary



WITH
Mama I'm A Big Girl Now!
PERFORMED BY

TONY NOMINEE	TONY WINNER	TONY NOMINEE
LAURA BELL BUNDY	MARISSA JARET WINOKOR	KERRY BUTLER

For event and ticket information,
scan the QR code or go to
www.givebutter.com/BA40th



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

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



BEING ALIVE! WELLNESS CENTER

Acupuncture

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

Pottery 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 ap-
pointment time to complete paperwork.

Reiki with Wade

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

Massage

Wednesdays w/ Mickey 12p - 3p
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 pro-
gram. 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.



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

A SPECIAL MOVIE MEET UP EVENT!

ODYSSEY

Thursday, August 13th - Showtime TBA

Landmark Theater - 8000 Sunset Blvd.



Share of cost is \$5.00 - Scholarships available

No transportation provided, no food provided

Email Becky@beingalivela.org to sign up

The Wise Ones



Every Wednesday

7:00pm - 9:00pm

Email 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.



Events at a Glance

August 2026

- 8 - Downey Pride
- 8 - Crossing Paths Book Event
- 13 - Free Pilates Class
- 13 - Movie Meet Up
- 21 - Sound Bath
- 26 - Yoga for Every Body
- 29 - Comedy Show Fundraiser



September 2026

- 7 - Labor Day Closure
- 12 - Being Alive 40th Anniv. Fundraiser
- 17 - Medical Update Dinner
- 29 - Yoga for Every Body

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
Being Alive Monthly Calendar August 2026 Publisher: Being Alive 7080 Hollywood Blvd., Ste. 450 Los Angeles, CA 90028 323-874-4322	Clients are encouraged to use the Being Alive website and Facebook for the latest information and updates. www.beingalivela.org Or follow us on  

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.



It's time for AIDS Walk 2026!

REGISTER

Join Team **Being Alive LA** and raise funds!
100% of money raised benefits Being Alive.

DONATE

Give to Team Being Alive LA directly.



Go to www.AIDSWalkLA.org
Team Name: **Being Alive LA**

Or use the QR code to go
directly to our team page!

Register and join our team or donate today! You don't have to walk to participate! You can support AIDS Walk and Being Alive from your comfy sofa.

AIDS WALK LA Sunday, October 18th in WeHo.

Need help? Email Geovanni at gbotticella@beingalivela.org

MASSAGE THERAPY AT BEING ALIVE!

**Wednesdays from 12:00pm - 3:00pm
with Mickey**

Email 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 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 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 to join.

Thursdays

Heart2Heart Process Group - 4:00pm to 5:30pm In Person

This is a therapist-led trauma group held weekly at Being Alive. Contact Becky@beingalivela.org with questions.

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 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.

August 1	Saturday 12p - 5p Harm Reduction Program at Being Alive WeHo 1p - 5p Pottery Studio open 7p - 8p CMA "Hollywood Stars"
2	Sunday 1p - 5p Pottery Studio Open
3	Monday 10:30a - 4p Chiropractic Clinic. By Appointment and Walk-In 11a - 2p- Reiki with Wade. By Appointment Only 1p - 5p Pottery Studio Open
4	Tuesday 10a - 12p Facial Rejuvenation Clinic 11a - 4p Harm Reduction Program at AHF Hollywood Flagship 6p - 7:30p The Queen Bees Women's Group
5	Wednesday 10a - 3p Harm Reduction Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 12p - 3p Massage w/ Mickey. By Appointment Only 7p - 9p Wise Ones on ZOOM
	Thursday - National Fresh Breath Day 11a - 4p Harm Reduction Program at APAIT 12p - 5p Academy Museum Meet Up 4p - 5:30p Heart2Heart Group (in person) 7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center
7	Friday 11a - 4p Harm Reduction Program at AHF Hollywood Flagship 6:30p - 7:45p Courage2Connect Group 7p - 9p Friday Night Lite on ZOOM
8	Saturday 1p - 5p Pottery Studio open 12p - 5p Harm Reduction Program at Being Alive WeHo 1:30p - 3:30p Crossing Paths Book Event 4p - 10p Downey Pride 7p - 8p CMA "Hollywood Stars"
9	Sunday 1p - 5p Pottery Studio Open
10	Monday 10:30a - 4p Chiropractic Clinic. By Appointment and Walk-In 11a - 2p- Reiki with Wade. By Appointment Only 1p - 5p Pottery Studio Open

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
 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@beingalivelos.org

7080 Hollywood Blvd, Suite 450
Los Angeles, CA 90028

**August
11**

Tuesday

10a - 12p Facial Rejuvenation Clinic
11a - 4p Harm Reduction Program at AHF Hollywood Flagship
6p - 7:30p The Queen Bees Women's Group



Wednesday - World Elephant Day

10a - 3p Harm Reduction Program at Minority AIDS Project
10a - 2p Acupuncture Clinic. By Appointment Only
12p - 3p Massage w/ Mickey. By Appointment Only
7p - 9p Wise Ones on ZOOM

13

Thursday

11a - 4p Harm Reduction Program at APAIT
3p - 4p Free Pilates Class
4p - 5:30p Heart2Heart Group (in person)
7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center

14

Friday

6:30p - 7:45p Courage2Connect Group
7p - 9p Friday Night Lite on ZOOM

15

Saturday

12p - 5p Harm Reduction Program at Being Alive WeHo
1p - 5p Pottery Studio open
7p - 8p CMA "Hollywood Stars"

16

Sunday

1p - 5p Pottery Studio Open

17

Monday

10:30a - 4p Chiropractic Clinic. By Appointment and Walk-In
11a - 2p Reiki with Wade. By Appointment Only
1p - 5p Pottery Studio Open

18

Tuesday

10a - 12p Facial Rejuvenation Clinic
11a - 4p Harm Reduction Program at AHF Hollywood Flagship
6p - 7:30p The Queen Bees Women's Group

19

Wednesday

10a - 3p Harm Reduction Program at Minority AIDS Project
10a - 2p NO Acupuncture today
12p - 3p Massage w/ Mickey. By Appointment Only
7p - 9p Wise Ones on ZOOM

**CHANGE THE
PATTERN**

Thursday - Southern HIV/AIDS Awareness Day

11a - 4p Harm Reduction Program at APAIT
4p - 5:30p Heart2Heart Group (in person)
7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center

August 21	Friday 11a - 4p Harm Reduction Program at AHF Hollywood Flagship 11:30a - 1p Summer Sound Bath with Wade and Sean 6:30p - 7:45p Courage2Connect Group 7p - 9p Friday Night Lite on ZOOM
22	Saturday 1p - 5p Pottery Studio open 12p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"
23	Sunday 1p - 5p Pottery Studio Open
	Monday - Vesuvius Day 10:30a - 4p Chiropractic Clinic. By Appointment and Walk-In 11a - 2p- Reiki with Wade. By Appointment Only 1p - 5p Pottery Studio Open
25	Tuesday 10a - 12p Facial Rejuvenation Clinic 11a - 4p Harm Reduction Program at AHF Hollywood Flagship 6p - 7:30p The Queen Bees Women's Group
	Wednesday - National Toilet Paper Day 10a - 3p Harm Reduction Program at Minority AIDS Project 10a - 2p No Acupuncture Today 12p - 3p Massage w/ Mickey. By Appointment Only 3:30p - 4:30p Yoga for Every Body 7p - 9p Wise Ones IN PERSON
27	Thursday 11a - 4p Harm Reduction Program at APAIT 4p - 5:30p Heart2Heart Group (in person) 7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center
28	Friday 11a - 4p Harm Reduction Program at AHF Hollywood Flagship 6:30p - 7:45p Courage2Connect Group 7p - 9p Friday Night Lite on ZOOM
29	Saturday 1p - 5p Pottery Studio open 12p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"
30	Sunday - National Faith HIV/AIDS Awareness Day 1p - 5p Pottery Studio Open
31	Monday 10:30a - 4p Chiropractic Clinic. By Appointment and Walk-In 11a - 2p- Reiki with Wade. By Appointment Only 1p - 5p Pottery Studio Open



FREE PILATES for BEING ALIVE CLIENTS!

**2nd Thursdays of the month
starting AUGUST 13th
3:00pm - 4:00pm**

**At Breakthrough Pilates
7494 Santa Monica Blvd., #202
West Hollywood, CA
Call David at 323-498-0373
to reserve your spot!**



David Minicucci
Founder / Instructor

breakthroughpilates.com
david@breakthroughpilates.com
(323) 498-0373
7494 Santa Monica Blvd Ste 202
West Hollywood, CA 90046

**If you want more Pilates, get at 10% discount
on extra sessions by using code BEINGALIVE10**

**Benefits of Pilates: balance and flexibility,
better posture, mental clarity and focus,
develops muscle strength, overall well-being!**



SUMMER SOUND BATH

FRIDAY, AUGUST 21st, 2026

11:30pm - 1:00pm

at Being Alive

**Register at
Becky@beingalivela.org**

Limited to 20 participants

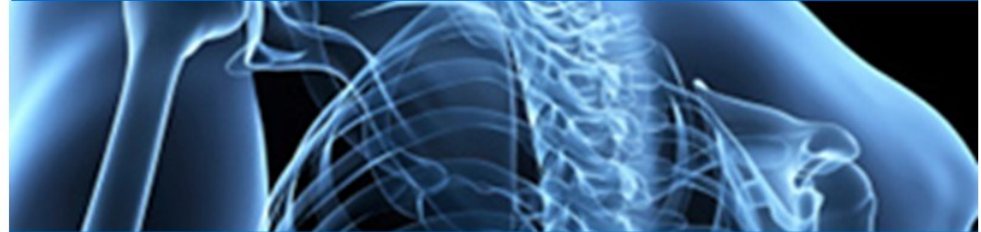
Dress in comfortable layers. Bring a blanket, mat, pillow, or zafu.



Hosted by Sean Weerasinghe
and Wade Cook



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

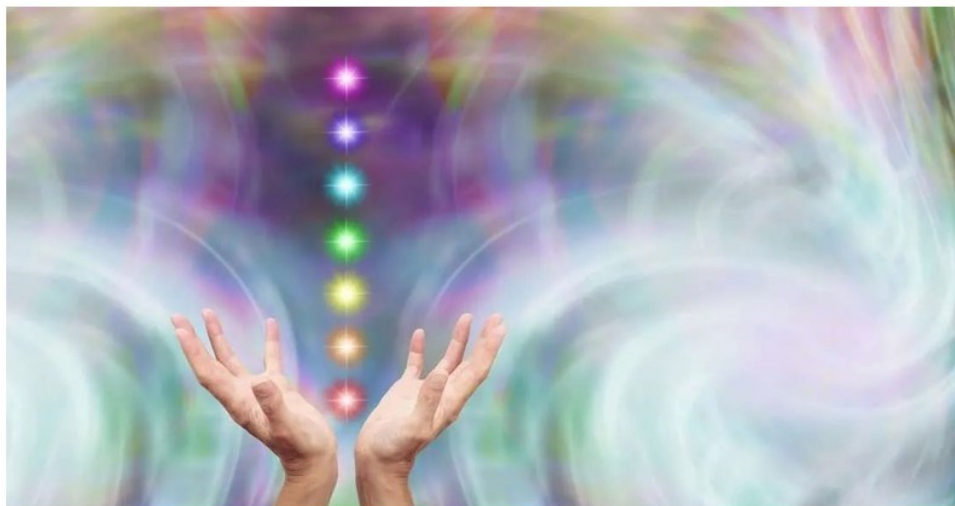
by Appointment Only

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

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

For more information about Reiki Master Wade Cook,
visit WadeEmpowers.com



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.



Heart2Heart Support Group

Are you carrying trauma with you every day? Do you always feel tense or on edge? Do you think you may have PTSD or C-PTSD?

Every Thursday starting May 7th	In-person at Being Alive	From 4pm- 5:30pm
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Supervised by Barbara Herring
License #109537

DISCLAIMER: This is a support group and cannot replace individual counseling, or provide assessments/diagnoses.



For more information contact Becky at becky@beingalivela.org or [323-874-4322](tel:323-874-4322)

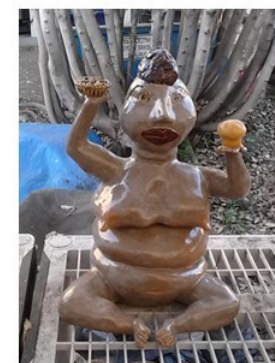
Get Creative!

Peer Support through Art



POTTERY 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.)

Cancellation & No Show Policy

(effective 4/22)



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 NO NEW APPOINTMENTS SCHEDULED

PLEASE CALL 323-874-4322 TO CANCEL - NO EMAILS!

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.

Oliver Wong

Host: Jaylin White

Jake Noll

Tony Vinh

Teresa!

Jon Davis

Mattio Martinez

Evil Jeff

DJ mobaton

Where Comedy Meets Boba

SAT **AUGUST 29th**

I.F.B. Studios

FREE PARKING

902 Western Ave, Glendale, CA, 91201

\$15 Admission

No Drink Minimum

Doors + DJ 6:30 PM

Comedy Show 8:00 PM

SPHERICAL PRODUCTIONS RENTAL

Being Alive!

Tix Link

Join us for a night of **stand-up comedy show** featuring some of the hottest comedians at **I.F.B. Studios** in Glendale! (902 Western Ave, Glendale, CA 91201)

Doors open at **6:30 PM** with a live DJ set. Come early to grab a boba, hang out with friends, and dance before the laughs start.

The stand-up show kicks off at **8 PM**.

There's free and easy parking available.

A portion of all ticket sales benefits **Being Alive**, a local HIV/AIDS service organization.



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

IT'S FREE!!! STOP BY THE BEING ALIVE BOOTH AND SAY HI!

WWW.DOWNEYPRIDE.COM

PRESENTED BY:
L.A.CADA

2026 DOWNEY PRIDE IS COMING

STRONGER TOGETHER

SATURDAY **AUGUST 8TH** 4 - 10PM

DOWNTOWN DOWNEY
FIRESTONE & DOWNEY AVE
FREE GENERAL ADMISSION & PARKING

MUEVELO DOWNEY

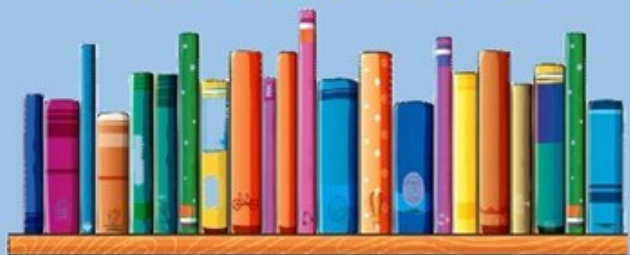
SUPERVISOR JANICE HAHN

FOLLOW US ON @DOWNEYPRIDE @LACADA_SOCIAL

DOWNEYPRIDE.COM | LACADA.COM

BA BEING ALIVE!

LIBRARY



Come borrow a BOOK.
WITH NO TIME LIMITS

Open Mon & Wed
in the main lobby.

Or call to make an
appointment!

Geo at 323-874-4322



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



BOOK LAUNCH

Readings by the Authors
from the Vibrant Queer Stories series



NO RESERVATIONS NEEDED

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
or call 323.874.4322 for more info



ACUPUNCTURE

Get to the point and schedule your
acupuncture appointment today!



WEDNESDAYS 10AM-2PM

with Acupuncturist Dr. Lana, DAOM, LAc
Interns Shellonda, Hunter, and Beth

By Appointment Only!

Call 323-874-4322 for an appointment.

Masking optional but encouraged.