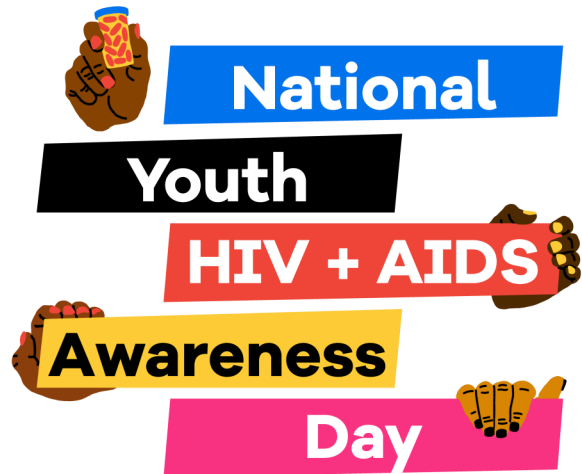


April 10th



The Centers for Disease Control and Prevention (CDC) [reports](#) that in 2020, young people aged 13–24 accounted for 20% of all new HIV diagnoses in the United States.

The Centers for Disease Control and Prevention (CDC) [reports](#) that more than half of the nearly 20 million new STDs reported in 2020 were among young people aged 15–24.

April 2025



## 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

## Celebration of Life

You are cordially invited to join Robert, Brownie, Smudge, Family & Friends as we celebrate the life of Rafael Cosio. A smart, passionate, and loving person, Rafael cared deeply for everyone around him, always putting their needs above his own. Let us gather together to honor his memory and the profound impact he made on all our lives.

**DATE:**

April 12th, 2025

**WHERE**

Fiesta Hall  
1166 N. Vista St.  
West Hollywood, CA 90046

**TIME:**

Gathering at 2pm  
Services at 3pm

**RSVP by Email**

[r.nichols1@me.com](mailto:r.nichols1@me.com)

**PHONE:**

310-498-6027



Rafael Cosio

JANUARY 6, 1971 - FEBRUARY 18, 2025

**Donations Accepted**  
venmo @Robert-Nichols-27

A portion of all donations will go to a charity dear to his heart



**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 ap-  
pointment time to complete paperwork.

**Reiki with Wade\***

Mondays 11:00a to 2:00p  
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.



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

**\*Appointments Required: Contact Being Alive**

*See wellness & support pages for details.*



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

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

# Being Alive's Harm Reduction Program

## Four Locations to Serve You



AHF Flagship Pharmacy  
4905 Hollywood Blvd.  
Los Angeles, CA 90028  
Tuesdays & Fridays  
11:00 a.m. - 3:00 p.m.

Minority AIDS Project  
5149 W. Jefferson Blvd.  
Los Angeles, CA 90016  
Wednesdays  
10:00 a.m. - 2:00 p.m.

APAIT  
3055 Wilshire Blvd.  
Los Angeles, CA 90010  
Thursdays  
11:00 a.m. - 3:00 p.m.

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

Tuesdays - Saturdays  
1:00 p.m. - 5:00 p.m.

Sundays - Mondays  
Closed



BeingAliveLA



BeingAlive\_LA



@BeingAlive1986

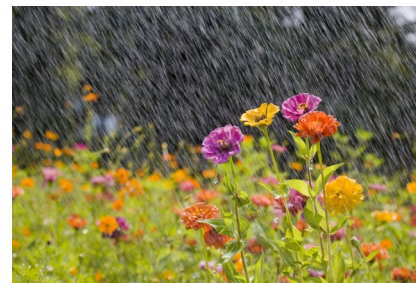


323-848-4445



## April 2025

4 - NATAP Webinar  
27 - Off Sunset Festival



## May 2025

17 - Capitol Drugs Health Fair  
22 - Medical Update  
26 - Memorial Day Holiday  
31-June 1 - WeHo Pride

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

Stay home if you feel ill!



## HIV Navigation Services

**Medication Questions?  
Paperwork Issues?  
Need Referrals?**

Our trained HIV Navigators are  
here to help!

**4 FREE sessions**  
Receive **GIFT CARDS**  
during sessions.

## Servicios de navegacion de VIH

**Preguntas sobre medicamentos?  
Problemas de papeleo?  
Necesita referencias?**

Nuestros capacitados navegadores de  
VIH estan aqui para ayudar.  
**4 sesiones GRATIS**

**Recibira tarjetas de regalo.**

Call Deira or Geovanni 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.*



# BEING ALIVE MISSION STATEMENT

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

PUBLICATION	ONLINE
<p>Being Alive Monthly Calendar</p> <p>April 2025</p> <p>Publisher: Being Alive 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><a href="http://www.beingalivela.org">www.beingalivela.org</a></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.



# YOGA

## AT BEING ALIVE

YOGA FOR EVERY BODY


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


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**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



## 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 men and women over 35. The theme is discussing issues related to aging with HIV and meeting long-term survivors dealing with HIV. Email [alasdairburton@gmail.com](mailto:alasdairburton@gmail.com) to join.

### Thursdays

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

### Fridays



#### 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 Matt.. Email [mattfnl@yahoo.com](mailto:mattfnl@yahoo.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.

<b>April</b> <b>1</b>	<b>Tuesday</b> 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 10a - 12p Facial Rejuvenation Clinic 6p - 7:30p The Queen Bees Women's Group
<b>2</b>	<b>Wednesday</b> 10a - 2p Harm Reduction Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 7p - 9p Wise Ones on ZOOM
	<b>Thursday - Find A Rainbow Day</b> 11a - 3p Harm Reduction Program at APAIT
<b>4</b>	<b>Friday</b> 9:30a - 11a NATAP Webinar 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 7p - 9p Friday Night Lite on ZOOM
<b>5</b>	<b>Saturday</b> 12p - 4p Ceramics Studio open 1p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"
<b>6</b>	<b>Sunday</b> 1p - 5p Ceramics Studio Open
<b>7</b>	<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
<b>8</b>	<b>Tuesday</b> 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 10a - 12p Facial Rejuvenation Clinic 6p - 7:30p The Queen Bees Women's Group
<b>9</b>	<b>Wednesday</b> 10a - 2p Harm Reduction Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 7p - 9p Wise Ones on ZOOM
	<b>Thursday - National Youth HIV/AIDS Awareness Day</b> 11a - 3p Harm Reduction Program at APAIT
<b>11</b>	<b>Friday</b> 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 7p - 9p Friday Night Lite on ZOOM

# ACUPUNCTURE

Get to the point and schedule your acupuncture appointment today!



**WEDNESDAYS 10AM-2PM**

with Acupuncturist Dr. Lana, DAOM, LAc  
and Intern Esmerelda

**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 Matt who will guide you through open, safe conversations to get your weekend kicked-off with encouragement.






**Email Matt for the Zoom link to join  
matt4fnl@yahoo.com**

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

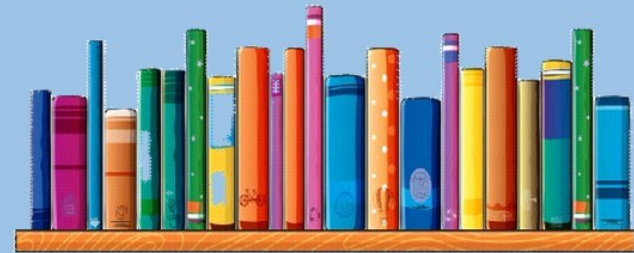


<p><b>April</b> <b>12</b></p>	<p><b><u>Saturday - Passover (Begins at Sundown)</u></b> 1p - 5p Ceramics Studio open 1p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"</p> 
<p><b>13</b></p>	<p><b><u>Sunday</u></b> 1p - 5p Ceramics Studio Open</p>
	<p><b><u>Monday - National Dolphin Day</u></b> 10:30a - 4p Chiropractic Clinic. By Appointment and Walk-In 11a - 2p Reiki with Wade. By Appointment Only 1p - 5p Ceramics Studio Open</p>
<p><b>15</b></p>	<p><b><u>Tuesday</u></b> 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 10a - 12p Facial Rejuvenation Clinic 6p - 7:30p The Queen Bees Women's Group</p>
<p><b>16</b></p>	<p><b><u>Wednesday</u></b> 10a - 2p Harm Reduction Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 7p - 9p Wise Ones on ZOOM</p>
<p><b>17</b></p>	<p><b><u>Thursday - International Haiku Poetry Day</u></b> 11a - 3p Harm Reduction Program at APAIT</p> <p style="text-align: right;">俳句</p>
<p><b>18</b></p>	<p><b><u>Friday</u></b> 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 7p - 9p Friday Night Lite on ZOOM</p>
<p><b>19</b></p>	<p><b><u>Saturday</u></b> 1p - 5p Ceramics Studio open 1p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"</p>
	<p><b><u>Sunday - Easter</u></b> 1p - 5p Ceramics Studio Open</p>
<p><b>21</b></p>	<p><b><u>Monday</u></b> 10:30a - 4p Chiropractic Clinic. By Appointment and Walk-In 11a - 2p No Reiki Today 1p - 5p Ceramics Studio Open</p>

<b>April</b> <b>22</b>	<b>Tuesday - Earth Day</b> 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 10a - 12p Facial Rejuvenation Clinic 6p - 7:30p The Queen Bees Women's Group	
<b>23</b>	<b>Wednesday</b> 10a - 2p Harm Reduction Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 7p - 9p Wise Ones IN PERSON at Being Alive	
<b>24</b>	<b>Thursday</b> 11a - 3p Harm Reduction Program at APAIT	
<b>25</b>	<b>Friday - World Penguin Day</b> 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 7p - 9p Friday Night Lite on ZOOM	
<b>26</b>	<b>Saturday</b> 1p - 5p Ceramics Studio Open 1p - 5p Harm Reduction Center WeHo Open 7p - 8p CMA "Hollywood Stars"	
	<b>Sunday - Off Sunset Festival</b> 1p - 5p Ceramics Studio Open	
<b>28</b>	<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	
<b>29</b>	<b>Tuesday</b> 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 10a - 12p Facial Rejuvenation Clinic 6p - 7:30p The Queen Bees Women's Group	
<b>30</b>	<b>Wednesday</b> 10a - 2p Harm Reduction Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 3:30p - 4:30p Yoga for Every Body 7p - 9p Wise Ones on ZOOM.	

# BA BEING ALIVE!

## LIBRARY



Come borrow a BOOK  
WITH NO TIME LIMITS.

Open Tues & Thurs  
from 3pm-4pm in the  
Being Alive lobby.

Call 323-874-4322 to make an  
appointment or email Geo at  
[gbotticella@beingalivela.org](mailto:gbotticella@beingalivela.org)





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

GET YOUR  
MEDICATION  
& VITAMINS  
ALL IN  
ONE STOP.



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Sherman Oaks, CA 91403  
818-905-8338

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

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

# CHIROPRACTIC CARE



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



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



*Reiki*  
*With Wade*

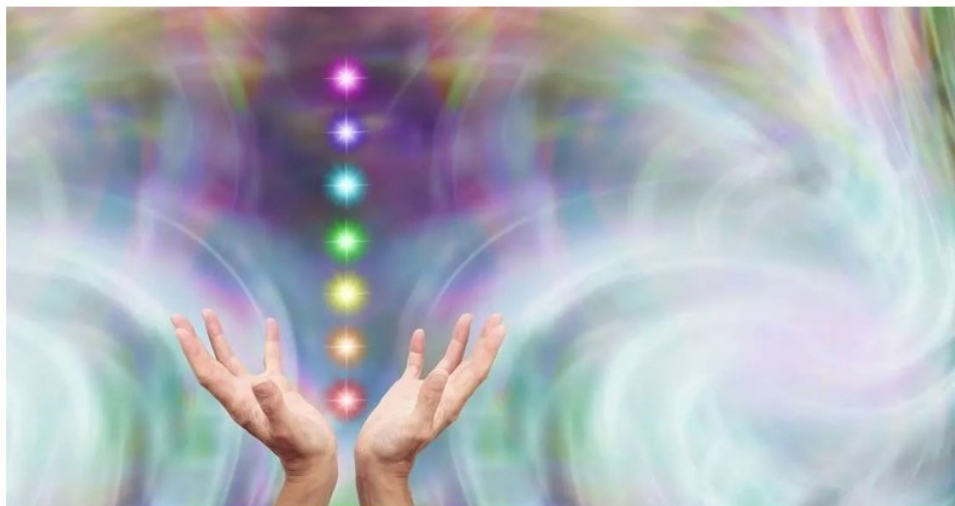
**Mondays 11am - 2pm**  
**by Appointment Only**

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)



## **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.



# ADAP / HIPP Enrollment

## 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.

To be eligible for the ADAP program, a client must:

- Be a resident of California;
- Have a positive HIV/AIDS diagnosis;
- Be at least 18 years old;
- Have an annual Modified Adjusted Gross Income (MAGI) that does not exceed 500% Federal Poverty Level based on household size and income;
- Not be fully covered by Medi-Cal or any other third party payers.

## 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
- Be enrolled in comprehensive health care coverage
- Not be fully covered by Medi-Cal

## MPPP / Medigap

The Medicare Premium Payment Program (MPPP) pays Part C/D and Medigap insurance premiums for persons living with HIV/AIDS who are enrolled in the AIDS Drug Assistance Program (ADAP) and a Medicare Part C or D plan. Individuals that are enrolled in MPPP are also eligible for the medical out-of-pocket (MOOP) cost. To be eligible for Medicare Part D premium assistance, clients must:

- Be enrolled in ADAP (see [ADAP eligibility criteria](#))
- Be enrolled in a Medicare Part C or D Plan
- Be eligible for MPPP

## EB-HIPP

Employer Based-HIPP is a subsidy program that provides premium assistance for an ADAP client's portion of their employer based insurance premiums. EB-HIPP pays the client's portion of their monthly medical and dental premiums, if eligible. If a vision premium is included in the medical or dental premium, the client will have their vision premiums subsidized.

## PrEP AP

The PrEP-AP provides assistance with PrEP-related medical out-of-pocket costs and access to medications on the PrEP-AP formulary for the prevention of HIV and treatment of sexually transmitted infections. The PrEP-AP provides assistance to both uninsured and insured individuals at risk for, but not infected with HIV.

Please have CA ID, insurance card, utility bill, diagnosis form, and proof of income (tax return or 3 months of pay stubs). If any items are missing, applications cannot be completed and appointments will be rescheduled.

Call 323-874-4322 to schedule your appointment



# 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 - 1pm to 5pm

Facilitated by Jim S. and Ken J.

Contact Being Alive with additional questions

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

# THE WISE ONES



Every Wednesday

7:00pm–9:00pm

Email for the ZOOM link  
Alasdairburton@gmail.com

*Now In Person on the 4th  
Wednesday of the month*

“The Wise Ones” is an empowering, drop-in social group for men and women over 35 who are long-term survivors living with HIV. Themes include issues related to aging and meeting others to share experiences.



**NATAP** NATIONAL  
NURSES TREATMENT  
ADVOCACY PROJECT  
EDUCATING COMMUNITIES ABOUT HIV AND HEPATITIS

Free Webinar  
Amazon Gift Card  
Raffle Prizes!

## HIV Treatment Strategies & Prevention; CROI 2025



JOIN US!! Topics will Include:

- Advances in HIV prevention
- Updates on existing and new HIV therapies
- Aging well with HIV
- Latest data on Mpox

Contact Hours available to: Nurses, CASAC, CAADE, Addiction Professionals, and Social Workers! **\*\*Must log-in and view entire lecture to receive hrs.\*\***

This nursing continuing professional development activity is pending by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Hours are approved for 1.5 hrs.

**Friday, April 4th, 2025**

**Log-in time: 12:30pm EST / Presentation ends at: 2:00pm EST**

Webinar will consist of a 45min lecture followed by a 45min interactive Q & A discussion

**Speaker: David Wohl, MD**

Institute of Global Health and Infectious Diseases/HIV Prevention & Treatment Clinical Trials Unit/Viral Hemorrhagic Fevers Research Working Group University of North Carolina - Chapel Hill

To register:

[https://event.webcasts.com/starthere.jsp?ei=1711129&tp\\_key=95d335be5e](https://event.webcasts.com/starthere.jsp?ei=1711129&tp_key=95d335be5e)

There is an easy link on the email sent on April 1, 2025