

Holiday Hours

Being Alive Wellness Center and
Harm Reduction Services Center
will be closed from
Friday, December 19th through
Friday, January 2nd, 2026.

Check with your therapist
regarding regularly scheduled
appointments.

*Happy Holidays
from all of us
to all of you!*



December 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

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

Ceramics at BA Harm Reduction Ctr
7976 Santa Monica Blvd

Saturdays 12:00p to 4:00p
Sundays 12:00p to 4:00p
Mondays 12:00p to 4:00p

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 with Jaz & Haru

Mondays 12:00p to 5:00p
By Appointment Only



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

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.



The NUTCRACKER

with LIVE Orchestra

Sunday, December 21st—2:00pm

Dolby Theater
6801 Hollywood Blvd.

Only 60 tickets available
RSVP to Becky@beingalivela.org

Tickets must be claimed by 1:30pm at the theater.

No shows will be restricted from future events
Late fees must be cleared before reserving tickets

Starting on January 6, 2026

COURAGE2 CONNECT

Sex and Love Addicts Anonymous
Anorexia Step Study Meeting
Fridays at 6:30 PM - 7:30 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.



Events at a Glance

December 2025

- 1 - World AIDS Day
- 10 - WeHo Paul Starke Awards (Date Change)
- 6 - LA Opera's La Boheme
- 11 - Festive Feast
- 21 - LA Ballet's "The Nutcracker"
- 19 - Jan. 2 - Holiday Closure



January 2026



- 11 - Happy New Year!
- 15 - Lunch and Learn Workshop
- 28 - 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.

Stay home if you feel ill!

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>Being Alive Monthly Calendar</p> <p>December 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>www.beingalivela.org</p> <p>Or follow us on</p> <div>   </div>

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
for the ZOOM link.

**ONLY ON ZOOM
FOR DECEMBER!**



“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 12:00pm - 5:00pm

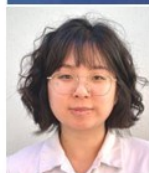
Email Becky@BeingAliveLA.org to join the waitlist.

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



Meet our massage therapists: Hey I'm Jaz! I'm a massage therapy student at the National Holistic Institute with a healthcare background (CNA/HHA). Inspired by caring for my mom during her battle with breast cancer, I've dedicated myself to healing—now through a more holistic approach. Outside of class, I'm building my campervan, hanging with my dog, and tending to my plants. Thank you for the opportunity. I'm looking forward to working with you all!

Hello! I'm Haru Ahn (they/them), a senior massage therapy student at the National Holistic Institute. I specialize in Deep Tissue and Swedish massage, providing compassionate, high-quality care. My goal is to create a calm, safe space where you can relax and restore balance.



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

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

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)

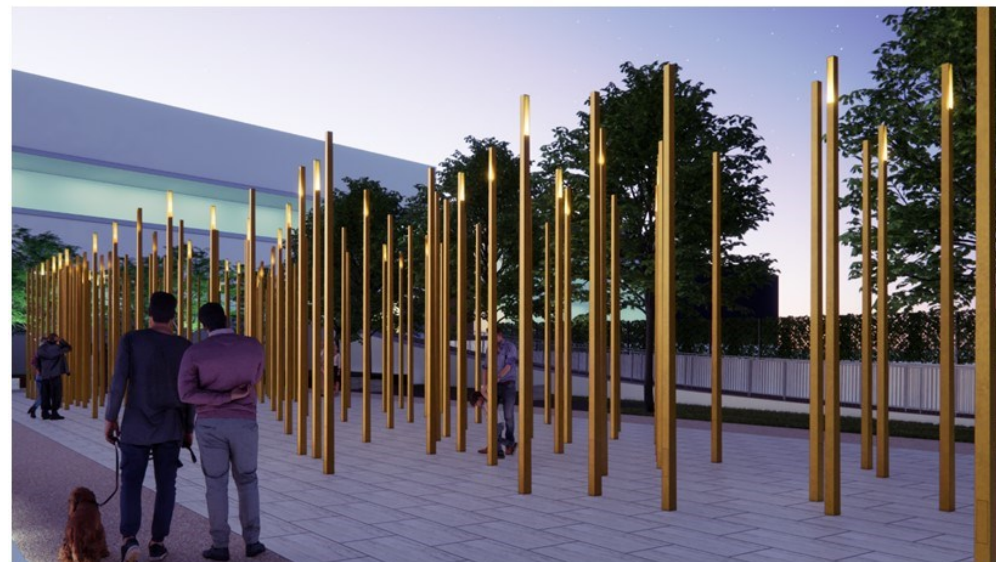
This meeting is both HIV / LGBTQIA + affirmative. 7080 Hollywood Blvd., Suite 450, Los Angeles, CA 90028. Crystal Meth Anonymous is a non-profit, 12-step fellowship for those in recovery from addiction to crystal meth. Membership in CMA is open to anyone with a desire to stop using drugs.

December 1	Monday - World AIDS Day 10:30a - 4p Chiropractic Clinic. By Appointment and Walk-In 11a - 2p - Reiki with Wade. By Appointment Only 12p - 5p Massage Clinic 12p - 4p Ceramics Studio Open
2	Tuesday 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 10a - 12p Facial Rejuvenation Clinic 6p - 7:30p The Queen Bees Women's Group
3	Wednesday 10a - 2p Harm Reduction Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 7p - 9p Wise Ones on ZOOM
4	Thursday 11a - 3p Harm Reduction Program at APAIT 6:30p - 7:30p Qi Gong w/ Trenton 7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center
5	Friday 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 7p - 9p Friday Night Lite on ZOOM
6	Saturday 12p - 4p Ceramics Studio open 1p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"
7	Sunday 12p - 4p Ceramics Studio Open
8	Monday - Pearl Harbor Day 12p - 4p Chiropractic Clinic. By Appointment and Walk-In 11a - 2p - Reiki with Wade. By Appointment Only 12p - 5p Massage Clinic 1p - 5p Ceramics Studio Open
9	Tuesday 10a - 12p Facial Rejuvenation Clinic 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 6p - 7:30p The Queen Bees Women's Group
10	Wednesday 10a - 2p Harm Reduction Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 7p - 9p Wise Ones on ZOOM 6p - 8p Paul Starke Warrior Awards



STORIES

THE AIDS MONUMENT



THIS WORLD AIDS DAY, WE ENCOURAGE YOU TO VISIT THE NEWLY OPENED AIDS MONUMENT IN WEST HOLLYWOOD PARK. TAKE TIME TO REMEMBER THOSE WE LOST AND BE REINSPIRED TO CONTINUE THE FIGHT FOR QUALITY HEALTH CARE AND THE OPPORTUNITY TO THRIVE. THE MONUMENT IS OPEN TO THE PUBLIC AND A SPECIAL POETRY READING AND PERFORMANCE WILL OCCUR AT 5PM.

[HTTPS://AIDSMONUMENT.ORG](https://aidsmonument.org)



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.

 **CAPITOL DRUGS**
TU FARMACIA

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

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

CapitolDrugs.com

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

December

11

Thursday

11a - 3p Harm Reduction Program at APAIT
6p - 8p Festive Feast
7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center

12

Friday - Poinsettia Day

11a - 3p Harm Reduction Program at AHF Hollywood Flagship
7p - 9p Friday Night Lite on ZOOM

13

Saturday

12p - 4p Ceramics Studio open
1p - 5p Harm Reduction Program at Being Alive WeHo
7p - 8p CMA "Hollywood Stars"

14

Sunday - Hanukkah Begins at Sundown

12p - 4p Ceramics Studio Open



15

Monday

10:30a - 4p No Chiro Clinic Today
11a - 2p Reiki with Wade. By Appointment Only
12p - 5p Massage Clinic
12p - 4p Ceramics Studio Open

16

Tuesday

10a - 12p Facial Rejuvenation Clinic
11a - 3p Harm Reduction Program at AHF Hollywood Flagship
6p - 7:30p The Queen Bees Women's Group

17

Wednesday

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

18

Thursday

11a - 3p Harm Reduction Program at APAIT
7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center

19




Friday - Being Alive Offices Closed

7p - 9p Friday Night Lite on ZOOM

20

Saturday - Being Alive Offices Closed

12p - 4p Ceramics Studio open
7p - 8p CMA "Hollywood Stars"

December	Sunday - Winter Solstice 12p - 4p Ceramics Studio Open 2p - 5p The Nutcracker Ballet	
21		
22	Monday - Being Alive Offices Closed 12p - 4p Ceramics Studio Open	
23	Tuesday - Being Alive Offices Closed - Festivus	
24	Wednesday - Being Alive Offices Closed 7p - 9p Wise Ones on ZOOM	
25	Thursday - Being Alive Offices Closed	
	Friday - Being Alive Offices Closed - Kwanzaa Begins 7p - 9p Friday Night Lite on ZOOM	
27	Saturday - Being Alive Offices Closed 12p - 4p Ceramics Studio Open 7p - 8p CMA "Hollywood Stars"	
28	Sunday 12p - 4p Ceramics Studio Open	
29	Monday - Being Alive Offices Closed 12p - 4p Ceramics Studio Open	
30	Tuesday - Being Alive Offices Closed	
31	Wednesday - Being Alive Offices Closed - New Year's Eve 7p - 9p Wise Ones on ZOOM	

happy new year



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 Harm Reduction Program

Four Locations to Serve You



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

Tuesdays - Saturdays
1:00 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. - 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.



BeingAliveLA



BeingAlive_LA



@BeingAlive1986



323-848-4445

CHIROPRACTIC CARE



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



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



Reiki
With Wade

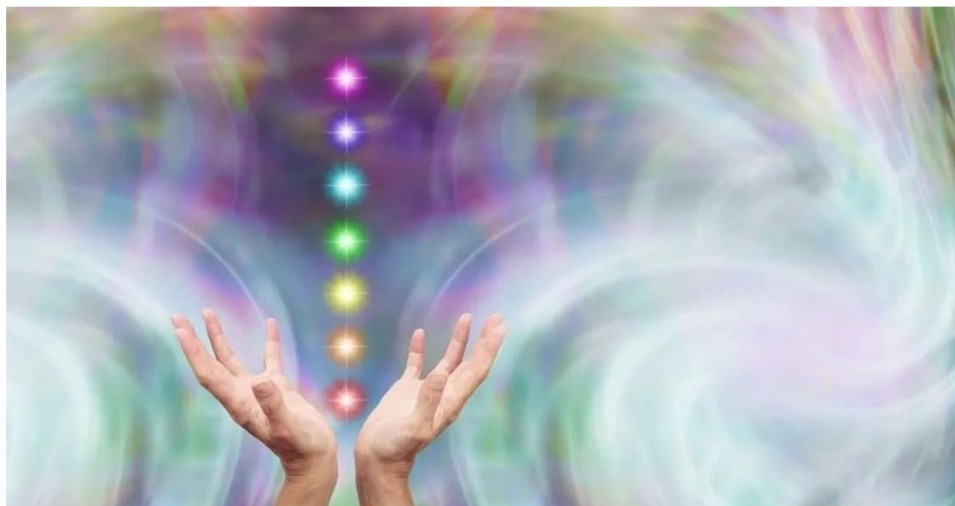
Mondays 11am - 2pm
by Appointment Only

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



BA BEING
ALIVE!

ACUPUNCTURE

Get to the point and schedule your
acupuncture appointment today!



WEDNESDAYS 10AM-2PM

with Acupuncturist Dr. Lana, DAOM, LAc
and interns Anna and Leaf.

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
or call 323.874.4322 for more info

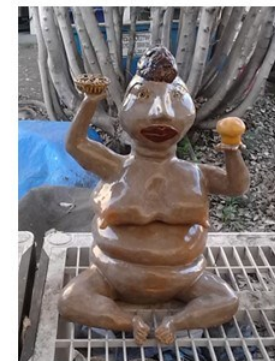


Get Creative!
Peer Support through Art



**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.)**

**30 Vouchers Available for
2025/26 Season Performances at
*Walt Disney Concert Hall***

**Vouchers are good for either Chamber Music Concerts,
Organ Concerts, or Green Umbrella Concerts ONLY.**

**Vouchers are to be redeemed in person at the
Walt Disney Concert Hall Box Office.**

One voucher = two tickets. Limit one voucher/person.

Any fees must be paid in full to receive a voucher.

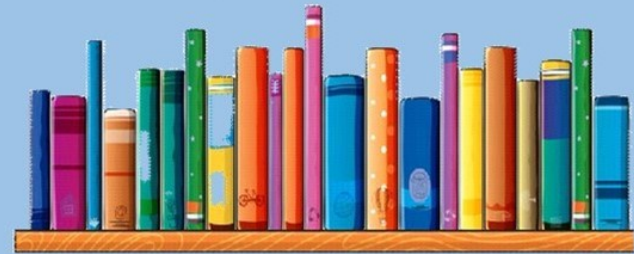


- If you are unable to attend on the day of the concert, you must call the box office at 323-850-2000 to release tickets
- If you do not attend and your tickets go to waste, you will not receive future tickets. If our seats are empty, we may not get any tickets in the future
- Improper behavior at the concert will result in restriction from future events
- Emotional support animals are not allowed at the Walt Disney Concert Hall

Email Becky@BeingAliveLA.org to be put on the list - first come, first served.

**BA 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!**



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

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



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 SCULPTURE = \$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.

LA OPERA

LA BOHEME

SATURDAY

DECEMBER 6, 2025

7:30PM

DOROTHY CHANDLER
PAVILION

RSVP TO
BECKY@BEINGALIVELA.ORG

ALL FEES MUST BE PAID
BEFORE REGISTERING

PARKING FEES ARE THE
CLIENT'S RESPONSIBILITY



Festive Feast!

Thursday, December 11, 2025

6:00pm—8:00pm

Fiesta Hall—Plummer Park
7377 Santa Monica Blvd., WeHo

Roast turkey w/ gravy, sweet potatoes,
green beans, salad, rolls, dessert!
(Vegetarian/Vegan options available.
Please notify when registering.)

FOOD, FUN, and PRIZES!

Since the event is early in December, we
will be taking reservations starting
November 1st. Space is limited!

**Email Becky@beingalivela.org
to register! Only 85 spots!**