



Free Webinar  
Amazon Gift Card  
Raffle Prizes!

### The New Face of Liver Disease in HIV: Viral Hepatitis MASLD, MASH, & HCC



**JOIN US!! Topics will include:**

- The Shifting Epidemiology of Liver Disease in People Living With HIV
- Mechanisms of Liver Injury in HIV
- Diagnosis & Risk Stratification in Clinical Practice
- Management Today—and What's Coming Next

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 was approved by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Hours are approved for 2hrs.*

### Friday February 13th, 2026

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

Webinar will consist of a 60min lecture followed by a 60min interactive Q & A discussion

**Speaker: Anthony Martinez, MD, AAHIVS, FAASLD**

Associate Professor of Medicine  
Jacobs School of Medicine  
University at Buffalo Medical Director  
Hepatology Erie County Medical Center

Register by following the webinar link on  
[www.NATAP.org](http://www.NATAP.org) or

Use the link in the calendar email.

# February 2026



## 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**



PRESENTS

MEMORY LOSS AND ALZHEIMERS: LET'S TALK

FEBRUARY 12TH, 2026

11:00AM - 12:30PM

AT BEING ALIVE

BRING YOUR OWN LUNCH OR  
ENJOY SOME LIGHT REFRESHMENTS

RSVP: [BECKY@BEINGALIVELA.ORG](mailto:BECKY@BEINGALIVELA.ORG)



**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 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 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



## FEBRUARY 28TH IS “HIV IS NOT A CRIME AWARENESS DAY”

more than 30 U.S. states and territories have laws that criminalize people living with HIV (PLHIV) for alleged non-disclosure, exposure, or transmission, often regardless of actual risk or transmission. These laws frequently lead to imprisonment, increased penalties, or mandatory sex offender registration. Many statutes are outdated, failing to account for modern, undetectable viral loads, and disproportionately impact marginalized communities.



Image: POZ Magazine, March 2023 Edition

These laws often ignore modern science like viral suppression (U=U). Abolishing these laws involves lobbying state legislators for repeal or modernization, combating stigma, and supporting organizations like the [Positive Women's Network](#) and [the Center for HIV Law and Policy](#).



### Events at a Glance

#### February 2026

- 8 - Superbowl Sunday
- 12 - Lunch and Learn Event
- 13 - Winter Sound Bath
- 14 - Valentine's Day
- 16 - Presidents' Day Closure
- 25 - Yoga for Every Body
- 25 - Wise Ones In Person



#### March 2026

- 25- 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>February 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 - 3:30pm  
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

**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.

<b>February</b> <b>1</b>	<b>Sunday</b> 12p - 4p Ceramics Studio Open
<b>2</b>	<b>Monday - Ground Hog Day (Again!)</b> 12p - 4p Chiropractic Clinic. By Appointment and Walk-In 11a - 2p - Reiki with Wade. By Appointment Only 1p - 5p Ceramics Studio Open 
<b>3</b>	<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
	<b>Wednesday - Thank A Mail Carrier 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
<b>5</b>	<b>Thursday</b> 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
<b>6</b>	<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
<b>7</b>	<b>Saturday</b> 12p - 4p Ceramics Studio open 1p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"
<b>8</b>	<b>Sunday - Superbowl Sunday</b> 12p - 4p Ceramics Studio Open 
<b>9</b>	<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
<b>10</b>	<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

**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

<p><b>February</b> <b>11</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>Thursday - Abraham Lincoln's Birthday</b> 11a - 3p Harm Reduction Program at APAIT 11a - 12:30p Lunch and Learn Event: Alzheimer's Los Angeles 6:30p - 7:30p Qi Gong w/ Trenton 7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center</p>
<p><b>13</b></p>	<p><b>Friday</b> 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 12:30p - 2p Winter Sound Bath 6:30p - 7:45p Courage2Connect Group 7p - 9p Friday Night Lite on ZOOM</p>
	<p><b>Saturday - Valentine's Day</b> 12p - 4p Ceramics Studio open 1p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"</p>
<p><b>15</b></p>	<p><b>Sunday</b> 12p - 4p Ceramics Studio Open</p>
<p><b>16</b></p>	<p><b>Monday - Presidents Day. BA Offices Closed</b> 1p - 5p Ceramics Studio Open</p> 
	<p><b>Tuesday - Lunar New Year / Mardi Gras</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>18</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>19</b></p>	<p><b>Thursday</b> 11a - 3p Harm Reduction Program at APAIT 12p - 2p Lunch and Learn Event: Alzheimer's Los Angeles 6:30p - 7:30p Qi Gong w/ Trenton 7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center</p>
<p><b>20</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>

<b>February</b> <b>21</b>	<b>Saturday</b> 12p - 4p Ceramics Studio Open 1p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"
<b>22</b>	<b>Sunday - National Margarita Day</b> 12p - 4p Ceramics Studio Open 
<b>23</b>	<b>Monday</b> 10:30a - 4p Chiropractic Clinic. By Appointment and Walk-In 11a - 2p - Reiki with Wade. By Appointment Only 2p - 5p Massage Clinic with Sebastian 12p - 4p Ceramics Studio Open
<b>24</b>	<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
<b>25</b>	<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 3:30p - 4:30p Yoga for Every Body 7p - 9p Wise Ones IN PERSON!
<i>Carpe diem</i>	<b>Thursday - Carpe Diem Day</b> 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
<b>27</b>	<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
	<b>Saturday - HIV Is Not A Crime Day</b> 12p - 4p Ceramics Studio Open 1p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"
<b>March</b> <b>1</b>	<b>Sunday</b> 12p - 4p Ceramics Studio Open
<b>2</b>	<b>Monday</b> 10:30a - 4p Chiropractic Clinic. By Appointment and Walk-In 11a - 2p - Reiki with Wade. By Appointment Only 2p - 5p Massage Clinic with Sebastian 12p - 4p Ceramics Studio Open



# 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)



## **WINTER SOUND BATH**

**FRIDAY, OCTOBER 17th, 2025**

**12:30pm - 2:00pm**

**at Being Alive**

**Register at**

**[becky@beingalivela.org](mailto: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

**WC**

WADE COOK  
COACHING  
REIKI SOUND



## 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

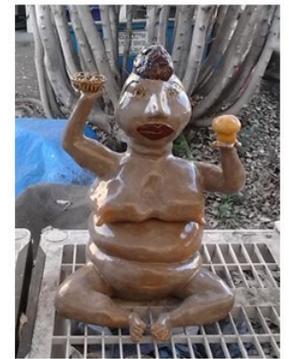
# Get Creative!

## 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.)

# 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.



# 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



## 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.

# 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

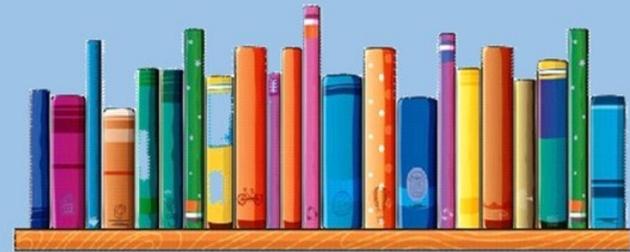
Improves Cognition

Improves Balance



# 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!

