



PRESENTS

MEMORY MATTERS: CARING FOR YOUR BRAIN

JANUARY 15TH, 2026

12:00PM - 2:00PM

AT BEING ALIVE

BRING YOUR OWN LUNCH OR  
ENJOY SOME LIGHT REFRESHMENTS

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



**January 2026**  
**BA BEING  
ALIVE!**



## 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**



# 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 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

# 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.**



### **Events at a Glance**

#### **January 2026**

11 - Happy New Year!

15 - Lunch and Learn Workshop

28 - Yoga for Every Body



#### **February 2026**

14 - Valentine's Day

16 - Presidents' Day



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.

**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><b>Being Alive Monthly Calendar</b></p> <p><b>January 2026</b></p> <p><b>Publisher: Being Alive</b>  <b>7080 Hollywood Blvd., Ste. 450</b>  <b>Los Angeles, CA 90028</b>  <b>323-874-4322</b></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> <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

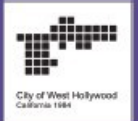
Contributions come in many forms whether monetary, volunteer time, or expertise. Being Alive sincerely appreciates all forms of contributions to keep our vital programs and services alive.

Donations are tax-deductible to the full extent of the law.

**Nonprofit Federal Tax ID # 95-4137742**

Donations are greatly appreciated.

**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)





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

## 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


#### 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>January</b> <b>1</b>	<b>Thursday - Being Alive Offices Closed</b> 7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center <i>happy new year</i>
<b>2</b>	<b>Friday - Being Alive Offices Closed</b> 7p - 9p Friday Night Lite on ZOOM
<b>3</b>	<b>Saturday</b> 12p - 4p Ceramics Studio open 1p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"
<b>4</b>	<b>Sunday</b> 12p - 4p Ceramics Studio Open
<b>5</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>Tuesday - Ehipany, Día de los Reyes</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>7</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 7p - 9p Wise Ones on ZOOM
<b>8</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>9</b>	<b>Friday</b> 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 6:30p - 7:30p Courage2Connect Group 7p - 9p Friday Night Lite on ZOOM
<b>10</b>	<b>Saturday</b> 12p - 4p Ceramics Studio open 1p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"



# 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**

<b>January</b> <b>11</b>	<b>Sunday</b> 12p - 4p Ceramics Studio Open
	<b>Monday - National Pharmacist Day</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>13</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>14</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 7p - 9p Wise Ones on ZOOM
<b>15</b>	<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
<b>16</b>	<b>Friday</b> 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 6:30p - 7:30p Courage2Connect Group 7p - 9p Friday Night Lite on ZOOM
<b>17</b>	<b>Saturday</b> 12p - 4p Ceramics Studio open 1p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"
<b>18</b>	<b>Sunday</b> 12p - 4p Ceramics Studio Open
	<b>Monday - Martin Luther King Jr. Day - Being Alive Closed</b> 12p - 4p Ceramics Studio Open
<b>20</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>January</b> <b>21</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 7p - 9p Wise Ones on ZOOM
<b>22</b>	<b>Thursday</b> 11a - 3p Harm Reduction Program at APAIT 6:30p - 7:30p NO Qi Gong today 7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center
<b>23</b>	<b>Friday</b> 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 6:30p - 7:30p Courage2Connect Group 7p - 9p Friday Night Lite on ZOOM
<b>24</b>	<b>Saturday</b> 12p - 4p Ceramics Studio Open 1p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"
<b>25</b>	<b>Sunday</b> 12p - 4p Ceramics Studio Open
	<b>Monday - Australia Day</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>27</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>28</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 7p - 9p Wise Ones IN PERSON!
<b>29</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>30</b>	<b>Friday</b> 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 6:30p - 7:30p Courage2Connect Group 7p - 9p Friday Night Lite on ZOOM
	<b>Saturday - National Hot Chocolate Day</b> 12p - 4p Ceramics Studio Open 1p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"

# 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](mailto:Becky@BeingAliveLA.org)  
or call 323.874.4322 for more info



## 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**

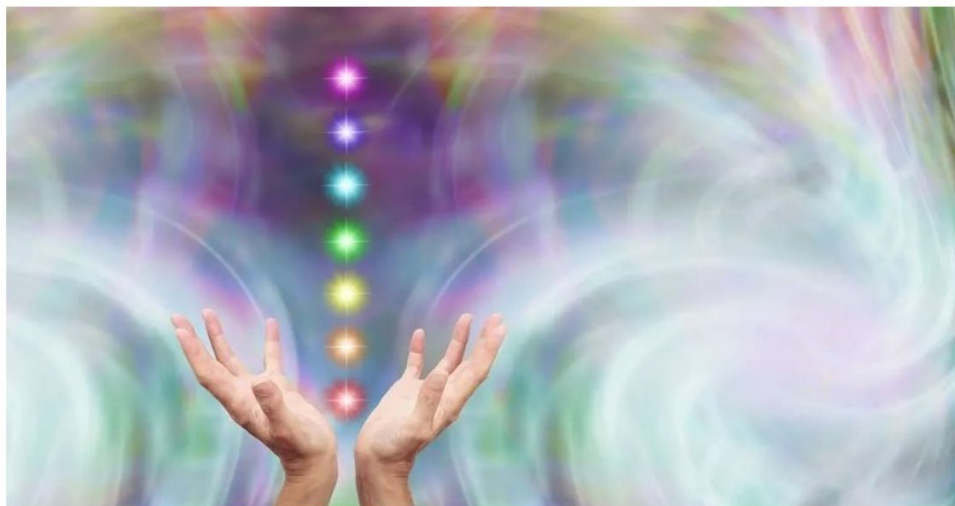
**by Appointment Only**

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)*

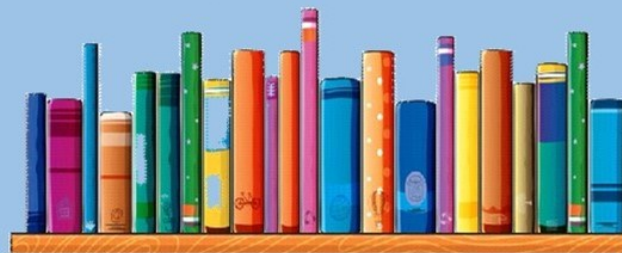
*or call 323-874-4322 to book an appointment.*

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



**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](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



## 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 - 7:30 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.

## **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.