



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



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

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



BA 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 appointment 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



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
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 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
Being Alive Monthly Calendar January 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.

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



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.


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 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 richardfnlt@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.

January	1	Thursday - Being Alive Offices Closed 7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center 
	2	Friday - Being Alive Offices Closed 7p - 9p Friday Night Lite on ZOOM
	3	Saturday 12p - 4p Ceramics Studio open 1p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"
	4	Sunday 12p - 4p Ceramics Studio Open
	5	Monday 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
 Dia de Reyes		Tuesday - Epiphany, Dia de los Reyes 10a - 12p Facial Rejuvenation Clinic 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 6p - 7:30p The Queen Bees Women's Group
	7	Wednesday 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
	8	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
	9	Friday 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 6:30p - 7:30p Courage2Connect Group 7p - 9p Friday Night Lite on ZOOM
	10	Saturday 12p - 4p Ceramics Studio open 1p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"



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



BeingAliveLA



BeingAlive_LA



@BeingAlive1986

323-848-4445

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.



January

11



Sunday

12p - 4p Ceramics Studio Open

13

Monday - National Pharmacist Day

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

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Wednesday

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

15

Thursday

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

16

Friday

11a - 3p Harm Reduction Program at AHF Hollywood Flagship
6:30p - 7:30p Courage2Connect Group
7p - 9p Friday Night Lite on ZOOM

17

Saturday

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

18

Sunday

12p - 4p Ceramics Studio Open



Monday - Martin Luther King Jr. Day - Being Alive Closed

12p - 4p Ceramics Studio Open

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Tuesday

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

January 21	Wednesday 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
22	Thursday 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
23	Friday 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 6:30p - 7:30p Courage2Connect Group 7p - 9p Friday Night Lite on ZOOM
24	Saturday 12p - 4p Ceramics Studio Open 1p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"
25	Sunday 12p - 4p Ceramics Studio Open
	Monday - Australia Day 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
27	Tuesday 10a - 12p Facial Rejuvenation Clinic 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 6p - 7:30p The Queen Bees Women's Group
28	Wednesday 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!
29	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
30	Friday 11a - 3p Harm Reduction Program at AHF Hollywood Flagship 6:30p - 7:30p Courage2Connect Group 7p - 9p Friday Night Lite on ZOOM
	Saturday - National Hot Chocolate Day 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
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.

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Reiki
With Wade

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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.

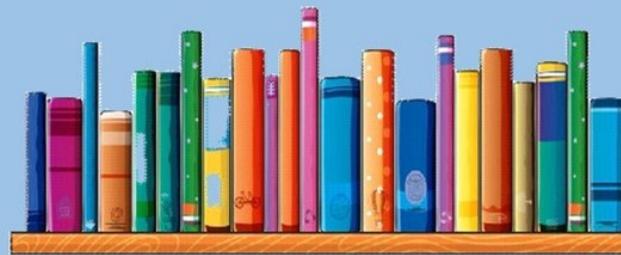
Email Becky@beingalivela.org

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

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



BA BEING ALIVE! 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



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 continuingly 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.