

March 2024



## Being Alive

7080 Hollywood Blvd., Suite 450 - Los Angeles, CA 90028

(323) 874-4322 Monday - Friday: By Appointment Only

[www.beingalivela.org](http://www.beingalivela.org)

CAPITOL DRUGS AND THE WEST HOLLYWOOD CHAMBER OF COMMERCE PRESENT:

# CAPITOL DRUGS HEALTH FAIR

MARCH 23  
12-4 PM

PRODUCTS  
ON SALE



**FREE**  
HEALTH SCREENING  
COVID AND FLU VACCINES

PHARMACY • SPORTS NUTRITION • HOMEOPATHY • VITAMINS

SPONSORED BY:



**EVENT LOCATION:** 8578 SANTA MONICA BLVD., WEST HOLLYWOOD, CA. 90069 310-289-1125



### Acupuncture\*

Wednesdays 10:00a to 2:00p  
Thursdays 10:00a to 2:00p  
By Appointment Only

### Ceramics at Specs Appeal

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 15 minutes prior to appointment time to complete paperwork.

### Neuro Emotional Technique\*

Thursdays 10:00a 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.

### ADAP / OA-HIPP Enrollment

Being Alive can assist you with your ADAP and OA-HIPP needs. Please call 323-874-4322 for more information.

### Reiki with Wade\*

Mondays 11:00a to 2:00p  
By Appointment Only



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.*

# MEDITATION FOR BEGINNERS

March 20, 2024

3:30pm - 4:30pm

Patrick Mansfield, MTOM, LAc, is a licensed acupuncturist and doctoral fellow in Traditional Chinese Medicine at Emperor's College. Patrick has been a student of meditation and qigong at Ling Gui International Healing Qigong School since 2019.

Email or call Becky to register

Becky@beingalivela.org

323-874-4322





# ESTATE PLANNING CLINIC

JOIN OUR FREE LEGAL CLINIC

## RECEIVE ASSISTANCE WITH:

- Advance Planning Information
- Advance Healthcare Directives
- Statutory Wills
- Power of Attorney

**OPEN TO:**  
-LA County Residents  
-Low-Income Persons  
-Disabled US Veterans  
-Persons Living with HIV/AIDS

## SAVE THE DATE

March 15th, 2024  
1-5pm  
Plummer Park  
7377 Santa Monica Blvd  
West Hollywood, CA  
90046

## TO REGISTER:

CONTACT ANA ARANDA-MORALES  
aarandamoraless@lacba.com  
213-833-6776

# CLÍNICA LEGAL DE PLANIFICACIÓN PATRIMONIAL

**DISPONIBLE PARA:**  
-Residentes del condado de LA  
-Personas de bajos ingresos  
-Veteranos con discapacidad  
-Personas viviendo con  
VIH/SIDA

ÚNASE A NUESTRA CLÍNICA LEGAL GRATUITA

## RECIBA AYUDA CON:

- Información de Planificación Anticipada
- Directivas Anticipadas de Atención Médica
- Testamentos Legales
- Poder Notarial

## PARA INSCRIBIRSE:

CONTACTA A: ANA ARANDA-MORALES  
aarandamoraless@lacba.com  
213-833-6776

## GUARDE LA FECHA

Marzo 15, 2024  
1-5pm  
Plummer Park  
7377 Santa Monica Blvd  
West Hollywood, CA  
90046



## March 2024

10 - Daylight Savings Begins  
15 - Estate Planning Workshop  
16 - Womens Health Fair  
20 - Meditation for Beginners  
22 - Relationship Workshop  
23 - Capitol Drugs  
Health Fair  
24 - Off Sunset Festival  
29 - Basics in Tech Workshop



## April 2024

8 - Long-term Survivors Event  
10 - Safer Weho Event

**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 Month Calendar of <b>March 2024</b></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> <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 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.  
Consider being a part of our new donor wall.



# ACUPUNCTURE

Have you been on pins and needles  
waiting for an acupuncture appointment?

APPOINTMENTS NOW AVAILABLE  
TWICE EACH WEEK



## WEDNESDAYS 10AM-2PM

with Acupuncturist Dr. Lana, DAOM, LAc  
and Acupuncturist Patrick, LAc

## THURSDAYS 10AM-2PM

with Acupuncturist Dr. Chira, DAOM, LAc

**By Appointment Only!**

Call 323-874-4322 for an appointment.

Masking optional but encouraged.



**A Weekly Support Group For HIV+ M**

**Every Friday Night !  
7:00 pm—9:00 pm**

**Now on ZOOM!  
Email for the link to join  
garygobrien@gmail.com**

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

**Sponsored by Being Alive**

Contact Jamie@beingalivela.org

Or call 323-874-4322 for more information



## 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 clients 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 - Every 4th Wednesday in person)

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 to join.

### Thursdays

**Write Out Proud - 6:00pm—9:00pm** (In Person at Being Alive)

A new LGBTQIA+ writers group open to any ability level. Email info@writeoutproud.com for more information.

**Movie Night- 7:00pm to 9:00pm** - (Virtual on ZOOM)

A fun and interactive movie experience that includes vibrant discussions following the movie. Email Timothy at tzembek@beingalivela.org for the zoom link.

### 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 Gary O'Brien.

### Saturdays





**CMA "Hollywood Stars" - 7:00pm to 8:00pm** (IN PERSON at Being Alive)

This meeting is both HIV / LGBTQIA + affirmative. With Keith K. and Jason C. Masks required. 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.

### Sundays

**CMA Una Nueva Herencia (en español) - 10:00am to 11:00am** (EN PERSONA)

Este grupo CMA es en español. Contactar a Gustavo en Gustavo@venerarte.us para mas informacion. Mascaras requeridas. 7080 Hollywood Blvd., Suite 450, Los Angeles, CA 90028

<b>March</b> <b>1</b>	<b>Friday</b> 11a - 3p Syringe Service Program at AHF Hollywood Flagship 7p - 9p Friday Night Lite on ZOOM
<b>2</b>	<b>Saturday</b> 12p - 4p Ceramics Studio open 2:30p - 6:30p Syringe Service Program at AHF West Hollywood 7p - 8p CMA "Hollywood Stars"
<b>3</b>	<b>Sunday - Caregiver Appreciation Day</b> 10a - 11a CMA Una Nueva Herencia 12p - 4p Ceramics Studio open 
<b>4</b>	<b>Monday</b> 10:30a - 4p Chiropractic Clinic. By Appointment and Walk In 11a - 2p Reiki with Wade. By Appointment Only 12p - 4p Ceramics Studio open
<b>5</b>	<b>Tuesday</b> 11a - 3p Syringe Service Program at AHF Hollywood Flagship 10a - 12p Facial Rejuvenation Clinic 6p - 7:30p No Queen Bees Tonight
<b>6</b>	<b>Wednesday - Dentists Day</b> 10a - 2p Syringe Service Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 7p - 9p Wise Ones on ZOOM
<b>7</b>	<b>Thursday</b> 11a - 3p Syringe Service Program at APAIT 10a - 2p Acupuncture Clinic. By Appointment Only 10a - 2p NET Clinic. By Appointment Only 6p - 9p Write Out Loud Writers Workshop 7p - 9p Movie Night: <u>Anatomy of A Fall</u>
<b>8</b>	<b>Friday</b> 11a - 3p Syringe Service Program at AHF Hollywood Flagship 7p - 9p Friday Night Lite on ZOOM
<b>9</b>	<b>Saturday</b> 12p - 4p Ceramics Studio open 2:30p - 6:30p Syringe Service Program at AHF West Hollywood 7p - 8p CMA "Hollywood Stars"
 Daylight Savings Time Begins	<b>Sunday - Nat'l Women and Girls HIV/AIDS Awareness Day</b> 10a - 11a CMA Una Nueva Herencia 1p - 5p Ceramics Studio open 
<b>11</b>	<b>Monday - First Night of Ramadan</b> 10:30a - 4p Chiropractic Clinic. By Appointment and Walk In 11a - 2p Reiki with Wade. By Appointment Only 1p - 5p Ceramics Studio open 



# Introducing... 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

## 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 90018

**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.

**AHF Pharmacy**  
8212 Santa Monica Blvd.  
West Hollywood, CA 90046

**Saturdays**  
2:30 p.m. - 6:30 p.m.



BeingAliveLA



BeingAlive\_LA



@BeingAlive1986






**BEING  
ALIVE!**

[www.beingalivela.org/syringe-service-program/](http://www.beingalivela.org/syringe-service-program/)

<b>March</b>	<b>Tuesday</b> 11a - 3p Syringe Service Program at AHF Hollywood Flagship 10a - 12p Facial Rejuvenation Clinic 6p - 7:30p The Queen Bees Women's Group
<b>12</b>	
<b>13</b>	<b>Wednesday</b> 10a - 2p Syringe Service Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 7p - 9p Wise Ones on ZOOM
<b>14</b>	<b>Thursday</b> 11a - 3p Syringe Service Program at APAIT 10a - 2p Acupuncture Clinic. By Appointment Only 10a - 2p NET Clinic. By Appointment Only 6p - 9p Write Out Loud Writers Workshop 7p - 9p Movie Night: <u>Oppenheimer</u>
<b>15</b>	<b>Friday</b> 11a - 3p Syringe Service Program at AHF Hollywood Flagship 1p - 5p Expanded Estate Planning Workshop 7p - 9p Friday Night Lite on ZOOM
<b>16</b>	<b>Saturday</b> 9a - 1p Women's Health and Resource Fair 1p - 5p Ceramics Studio open 2:30p - 6:30p Syringe Service Program at AHF West Hollywood 7p - 8p CMA "Hollywood Stars"
<b>17</b>	<b>Sunday - St. Patrick's Day</b> 10a - 11a CMA Una Nueva Herencia 1p - 5p Ceramics Studio open
<b>18</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>19</b>	<b>Tuesday</b> 11a - 3p Syringe Service Program at AHF Hollywood Flagship 10a - 12p Facial Rejuvenation Clinic 6p - 7:30p The Queen Bees Women's Group
	<b>Wednesday - Nat'l Native HIV/AIDS Awareness Day</b> 10a - 2p Syringe Service Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 3:30p - 4:30p Meditation for Beginners 7p - 9p Wise Ones on ZOOM
<b>21</b>	<b>Thursday</b> 11a - 3p Syringe Service Program at APAIT 10a - 2p Acupuncture Clinic. By Appointment Only 10a - 2p NET Clinic. By Appointment Only 6p - 9p Write Out Loud Writers Workshop 7p - 9p Movie Night: <u>Barbie</u>



<b>March 22</b>	<b>Friday</b> 11a - 3p Syringe Service Program at AHF Hollywood Flagship 2p - 4p Exploring Healthy Relationships Workshop 7p - 9p Friday Night Lite on ZOOM
<b>23</b>	<b>Saturday</b> 1p - 5p Ceramics Studio open 12p - 4p Capitol Drugs Health Fair 2:30p - 6:30p Syringe Service Program at AHF West Hollywood 7p - 8p CMA "Hollywood Stars"
<b>24</b>	<b>Sunday</b> 10a - 11a CMA Una Nueva Herencia 1p - 5p Ceramics Studio open 12p - 6p Off Sunset Festival (at Sunset Junction Silverlake)
	<b>Monday - Holi</b> 10:30a - 4p Chiropractic Clinic. By Appointment and Walk In 11a - 2p Reiki with Wade. By Appointment Only 11p - 5p Ceramics Studio open
<b>26</b>	<b>Tuesday</b> 11a - 3p Syringe Service Program at AHF Hollywood Flagship 10a - 12p Facial Rejuvenation Clinic 6p - 7:30p No Queen Bees Tonight
<b>27</b>	<b>Wednesday</b> 10a - 2p Syringe Service Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 7p - 9p Wise Ones IN PERSON at Being Alive
<b>28</b>	<b>Thursday</b> 11a - 3p Syringe Service Program at APAIT 10a - 2p Acupuncture Clinic. By Appointment Only 10a - 2p NET Clinic. By Appointment Only 6p - 9p Write Out Loud Writers Workshop 7p - 9p Movie Night: <u>Past Lives</u>
<b>29</b>	<b>Friday</b> 11a - 3p Syringe Service Program at AHF Hollywood Flagship 1p - 3p Technology and Health Care Workshop 7p - 9p Friday Night Lite on ZOOM
<b>30</b>	<b>Saturday - National Doctors Day</b> 1p - 5p Ceramics Studio open. 2:30p - 6:30p Syringe Service Program at AHF West Hollywood 7p - 8p CMA "Hollywood Stars"
<b>31</b>	<b>Sunday - Easter</b> 10a - 11a CMA Una Nueva Herencia 1p - 5p Ceramics Studio open 




# Next Steps

Belles-Lettres Peck | Franck  
Frank Bridge Variations | van Manen/Britten U.S. Premiere  
New Work Barak | Bowers World Premiere

## Sunday, March 24, 2024 2:00pm


The Broad Stage  
1310 11th Street, Santa Monica, CA



Email Becky to reserve your spot for this limited event:  
[Becky@beingalivela.org](mailto:Becky@beingalivela.org)

Those who take tickets and do not attend will be restricted from future events.

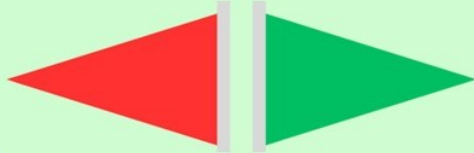
Tickets must be picked up by Thursday, March. 14th.



Frank Bridge Variations; Courtesy of Het Nationale Ballet; Photo by Hans Gerritsen

# RELATIONSHIP RED FLAGS VS GREEN FLAGS

**“Exploring Healthy Relationship  
Behaviors with Partners, Friends,  
Families, and Co-Workers”**



**A workshop presented at Being Alive by  
therapy trainees Sydney, Yeidi, & Allyson**

**Friday, March 22nd, 2024**

**2pm - 4pm**

**(Light refreshments served)**

**Email [Becky@beingalivela.org](mailto:Becky@beingalivela.org) to register**



## 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**



# CHIROPRACTIC CARE



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



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



## *6th Annual Health & Resource Fair*

Join us for our 6<sup>th</sup> Annual Health & Resource Fair  
in Commemoration of International Women's Day and  
National Women and Girls HIV/AIDS Awareness Day.



Saturday March 16<sup>th</sup>, 2024  
9:00AM - 1:00PM  
East Los Angeles Civic Center  
4801 E 3rd St, Los Angeles, CA 90022

To join us or for more information:  
Please contact Lizette Villanueva  
[lvillanueva@elawc.org](mailto:lvillanueva@elawc.org) or Paola  
Buenrostro [pbuenrostro@elawc.org](mailto:pbuenrostro@elawc.org)



In collaboration with:



\*Community Resources  
\*Empowerment Activities  
\*Free HIV Testing  
\*PrEP  
\*Raffles  
and more!

[www.elawc.org](http://www.elawc.org) | office 323-526-5819 | HIV Information Line 800.400.7432 | Rape & Battering Hotline 800.583.6231 | [info@elawc.org](mailto:info@elawc.org)



## 6ta Feria de Salud y Recursos

Sexta Feria Anual

En conmemoración del Día Internacional de la Mujer  
y día de Concientización de VIH/SIDA en Mujeres y Niñas.



Sábado, 16 de Marzo del 2024

9:00AM - 1:00PM

East Los Angeles Civic Center

4801 E 3rd St, Los Angeles, CA 90022

Para participar o más información:  
Comunicate con Lizette Villanueva  
[lvillanueva@elawc.org](mailto:lvillanueva@elawc.org) o Paola  
Buenrostro [pbuenrostro@elawc.org](mailto:pbuenrostro@elawc.org)



En colaboración con:



\*Recursos Comunitarios

\*Actividades de  
Empoderamiento

\*Prueba gratis de VIH

\*PrEP

\* Tratamiento

\* Rifas

¡y más!



## MENTAL HEALTH

- Individual and Couples Therapy
- In-person, Virtual, or Flex Appointments
- English and Spanish Options Available
- Extremely Low-Cost or Free (if eligible)
- No Limit to Number of Sessions

Clients must commit to one session per week. If virtual, client must have a private setting for sessions.

Contact [Becky@BeingAliveLA.org](mailto:Becky@BeingAliveLA.org) or  
323-874-4322 for more info.

Being Alive therapists are trainees or interns under direct supervision of a licensed MFT or PsyD in accordance with the requirements of the CA Board of Behavioral Sciences.



*Reiki*  
*With Wade*

**Mondays 11am - 2pm**

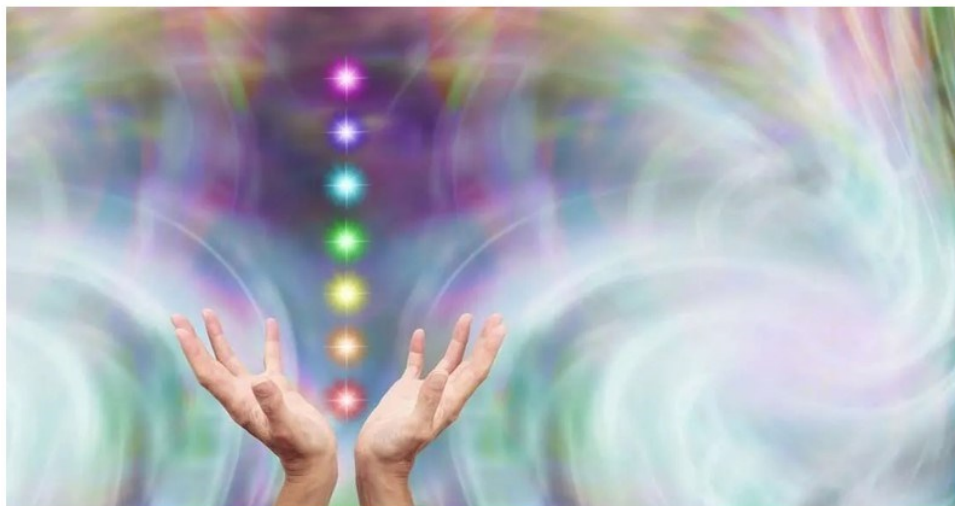
**by Appointment Only**

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.

# Write Out Proud

## LGBTQIA+ Writing Workshop

*This is a rolling enrollment, drop in, no cost, workshop so you can come when you feel like it. All are welcome. No experience needed or come jump start your writing practice. When we Write Out Proud, we share the love of who we are for the world to see, so the world can become better at loving us back.*

**Have a story to tell?**

**Always wanted to write?**

**NEW DAY AND TIME!**

**THURSDAYS**

**6PM - 9PM**

*To join in:  
email [info@WriteOutProud.com](mailto:info@WriteOutProud.com)  
or dm IG @writeoutproud  
or Text 310-903-0401*

**Made possible by a grant from the Picerne Foundation.**

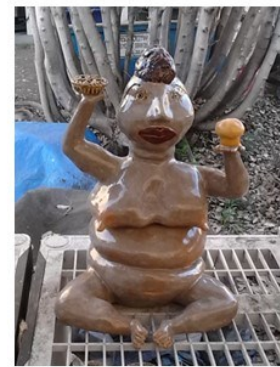
# Get Creative!

Peer Support through Art



## Ceramics Studio

**7976 Santa Monica Blvd—WeHo  
(In the back yard)**



Exclusively for Being Alive client-members

**Drop-in Hours:**

**Sat, Sun & Mon - 1:00pm to 5:00pm**

Facilitators: Jim and Brian

Contact Being Alive for additional questions

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

## March: Celebrating the Oscars

# MOVIE NIGHT



JOIN US ON OUR NEW NIGHT AND TIME  
**THURSDAYS, 7:00 P.M. - 9:00 P.M.**  
ZOOM ROOM WILL OPEN AT 6:50 P.M.

EMAIL TIMOTHY AT TZEMBEK@BEINGALIVELA.ORG FOR THE ZOOM DETAILS

## Introducing A New **Buddy Program!**

**What is the buddy program?** Buddy programs for people living with HIV/AIDS have been a vital part of HIV/AIDS services for decades. Now, as the majority of people living with HIV/AIDS are 50+ years old, isolation and the need for personal and social support has seen a resurgence. Being Alive was approached to start a new generation of a buddy program to address not only the needs of a population aging with HIV, but also to assist newly diagnosed people on a shorter-term basis to adjust to their new diagnosis.

If you're interested in **HAVING** a buddy, please email Ross at [rmeredith@beingalivela.org](mailto:rmeredith@beingalivela.org) to be put on the list.

If you're interested in **BEING** a buddy, also reach out to Ross at [rmeredith@beingalivela.org](mailto:rmeredith@beingalivela.org)

Our buddy program coordinator will be reaching out to follow up with those interested.

Participants will receive fantastic support, gift cards, and invitations to special activities.



*A new program funded 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 to End the HIV Epidemic.*

# THE WISE ONES



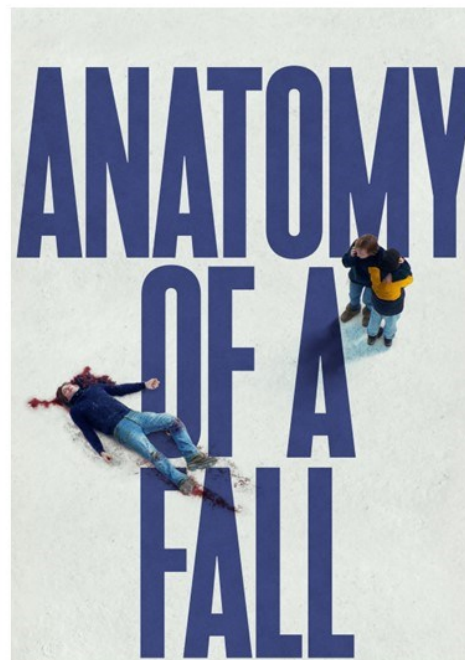
**Every Wednesday**

**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.



**March 7**



**March 14**



**March 21**



**March 28**



## **BASICS IN TECH & STAYING ENGAGED IN HIV CARE**

**ENDING THE HIV EPIDEMIC**

**IN PERSON ON  
FRIDAY, MARCH 29TH  
1:00-2:00 PM**

**EDUCATIONAL PROGRAM  
2:00-3:00 PM  
QUESTIONS AND DISCUSSION**

**DRAWING FOR 2 \$10 GIFT CARDS  
FOR PARTICIPANTS WHO ATTEND ENTIRE EVENT**

**HOSTED BY BEING ALIVE**

**CALL 323-874-4322**

**EMAIL**

**GBOTTICELLA@BEINGALIVELA.ORG**

**OR DFUENTES@BEINGALIVELA.ORG**

**FUNDED 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.**

# **Save The Date!**

## **A Gathering of Long-term HIV Survivors**

*with readings from*

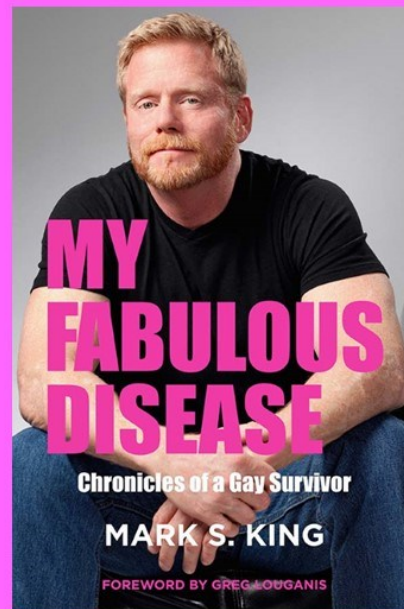
### **My Fabulous Disease**

**Monday, April 8, 2024**

**7:00pm - 8:30pm**

**(Doors open at 6:30pm)**

**West Hollywood Library Community Meeting Room**



**About the Author:**

Mark S. King is an LGBTQ activist and the writer behind *My Fabulous Disease*, a GLAAD Media Award-winning blog chronicling his life as an HIV positive gay addict in recovery.

**Sponsors:**



**The event is free, open to the public,  
and no RSVP needed.**

**Contact Jamie at 323-874-4322 for  
more info.**