

**TIME IS RUNNING OUT - SIGN UP TODAY!**

JUST WANT TO WALK WITH OUR TEAM? EMAIL  
GBOTTICELLA@BEINGALIVELA.ORG FOR DETAILS!

# AIDS WALK LOS ANGELES



Sunday,  
October 12<sup>th</sup> in  
West Hollywood

**Register**

Join Team BEING ALIVE LA and raise funds! 100% of money raised benefits Being Alive.

**Donate**

Give to Team Being Alive LA directly!



Go to [www.AIDSWalkLA.org](http://www.AIDSWalkLA.org)  
Team Name: Being Alive LA

Or use the QR code to go  
directly to our team page!

Register or donate today! You don't have to walk to participate!  
You can support AIDS Walk and Being Alive from the comfort of  
your home!

Need help? Email Giovanni at [gbotticella@beingalivela.org](mailto:gbotticella@beingalivela.org)

**October 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](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**



### Acupuncture

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

**Ceramics** at BA Harm Reduction Ctr  
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 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 Chad

Mondays 1:30p to 4:30p  
By Appointment Only



Being Alive's Wellness Center is partially funded by a  
generous grant from the City of West Hollywood.

### 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.

## Medical Update Dinner HIV and Aging

(In honor of HIV and Aging Day - Sept. 18)

**Thursday, October 9th  
6:00pm—8:00pm**

**Truxton's American Bistro  
8611 Truxton Ave.  
Los Angeles, CA 90045**

(Near LAX - S. Sepulveda/Manchester)

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

Limit 40 People  
Free 2-hour parking on-site



**Appointments Required For Wellness Appointments**

*Call 323-874-4322 for more details*

## **MASSAGE THERAPY AT BEING ALIVE!**

**Mondays from 1:30pm - 4:30pm**

**Email [Becky@BeingAliveLA.org](mailto:Becky@BeingAliveLA.org) to join the waitlist.**

**Please arrive 30 minutes early for your first appointment to fill out paperwork.**



Meet our massage therapist: Chad has spent the last 30 years helping people feel good and be well. Embarking on a wellness journey when testing HIV+ while attending university, he now continues to learn skills to help everyone thrive in life. Chad brings his unique perspective to bodywork to us with an amalgam of craniosacral, structural integration, myofascial therapy, graston technique, PNF stretching, yoga, qi-gong, and energy work. Chad will be part of a new partnership with the National Holistic Institute's onsite clinic and Being Alive. Welcome Chad and NH!



### **Events at a Glance**

#### **October 2025**

- 9 - Medical Update Dinner
- 12 - AIDS Walk LA
- 14 - CHIRP LA Resource Fair
- 17 - Sound Bath
- 23 - Movie Meet Up
- 31 - Halloween



#### **November 2025**

- 11 - Veterans Day Holiday
- 20 - Medical Update Dinner
- 26-28 - Thanksgiving Holiday Closure

**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 end HIV infections by eliminating stigma, engaging people in wellness, removing barriers to care, and restoring dignity.

| PUBLICATION                                                                                                                                                         | ONLINE                                                                                                                                                                                                                                                                                                                                                                                          |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Being Alive Monthly Calendar</p> <p>October 2025</p> <p>Publisher: Being Alive<br/>7080 Hollywood Blvd., Ste. 450<br/>Los Angeles, CA 90028<br/>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 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.



# Ceramics Studio SALE!

**Saturday, Sunday, and Monday**

**October 11, 12, and 13**  
**October 18, 19, and 20**  
**October 27, 28, and 29**  
**1:00pm - 5:00pm**

**7976 Santa Monica Blvd.**  
(behind the Harm Reduction Center)  
**West Hollywood**

**Pick up a unique, hand-crafted gift for  
the art lover in your family!**



## Our Deepest Condolences

We are saddened to inform you of the passing of a client.

We offer our heartfelt sympathy to his family and friends.

**Jay Vogel, Esq.**

September 14, 1963 - April 12, 2025

Jay's Celebration of life was Sept. 14, 2025



## 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.

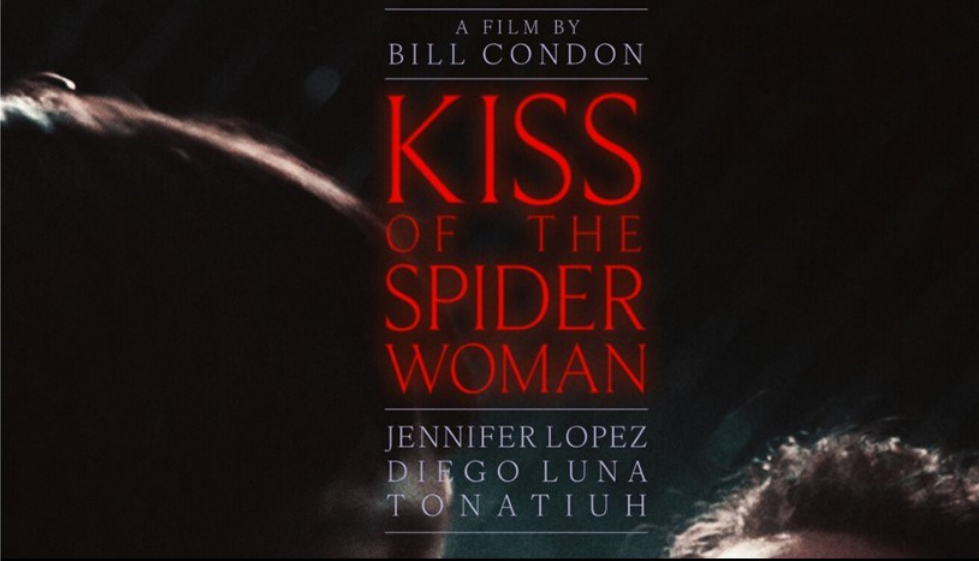
### Saturdays

#### 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>October</b><br><b>1</b>                                                         | <b>Wednesday - Yom Kippur (Begins at Sunset)</b><br>10a - 2p Harm Reduction Program at Minority AIDS Project<br>10a - 2p Acupuncture Clinic. By Appointment Only<br>7p - 9p Wise Ones on ZOOM<br>                                                |
| <b>2</b>                                                                           | <b>Thursday</b><br>11a - 3p Harm Reduction Program at APAIT<br>6:30p - 7:30p Qi Gong w/ Trenton<br>7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center                                                                                                                                                                        |
| <b>3</b>                                                                           | <b>Friday</b><br>11a - 3p Harm Reduction Program at AHF Hollywood Flagship<br>7p - 9p Friday Night Lite on ZOOM                                                                                                                                                                                                                   |
| <b>4</b>                                                                           | <b>Saturday - National Taco Day</b><br>1p - 5p Ceramics Studio open<br>1p - 5p Harm Reduction Program at Being Alive WeHo<br>7p - 8p CMA "Hollywood Stars"                                                                                       |
| <b>5</b>                                                                           | <b>Sunday</b><br>1p - 5p Ceramics Studio Open                                                                                                                                                                                                                                                                                     |
|   | <b>Monday - Physicians Assistant Day / Mid-Autumn Festival</b><br>10:30a - 4p Chiropractic Clinic. By Appointment and Walk-In<br>11a - 2p Reiki with Wade. By Appointment Only<br>1:30p - 4:30p Massage w/ Chad<br>1p - 5p Ceramics Studio Open  |
| <b>7</b>                                                                           | <b>Tuesday</b><br>11a - 3p Harm Reduction Program at AHF Hollywood Flagship<br>10a - 12p Facial Rejuvenation Clinic<br>6p - 7:30p The Queen Bees Women's Group                                                                                                                                                                    |
|  | <b>Wednesday - Emergency Nurses Day</b><br>10a - 2p Harm Reduction Program at Minority AIDS Project<br>10a - 2p Acupuncture Clinic. By Appointment Only<br>7p - 9p Wise Ones on ZOOM                                                                                                                                              |
| <b>9</b>                                                                           | <b>Thursday</b><br>11a - 3p Harm Reduction Program at APAIT<br>6p - 8p Medical Update Dinner<br>6:30p - 7:30p No Qi Gong today due to Medical Update<br>7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center                                                                                                                   |
| <b>10</b>                                                                          | <b>Friday</b><br>11a - 3p Harm Reduction Program at AHF Hollywood Flagship<br>7p - 9p Friday Night Lite on ZOOM                                                                                                                                                                                                                   |
| <b>11</b>                                                                          | <b>Saturday</b><br>1p - 5p Ceramics Studio open<br>1p - 5p Harm Reduction Program at Being Alive WeHo<br>7p - 8p CMA "Hollywood Stars"                                                                                                                                                                                            |

## A SPECIAL MOVIE MEET UP EVENT!



A FILM BY  
BILL CONDON

# KISS OF THE SPIDER WOMAN

JENNIFER LOPEZ  
DIEGO LUNA  
TONATIUH

## THURSDAY, OCTOBER 23RD

### EXACT TIME AND LOCATION TBA

Either The Grove or The Chinese Theater



Share of cost is \$5.00 - Scholarships available

No transportation provided, no food provided

Email [Becky@beingalivela.org](mailto:Becky@beingalivela.org) to sign up

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

**October  
12**

**Sunday - AIDS Walk Los Angeles**  
1p - 5p Ceramics Studio Open



**Monday - Canadian Thanksgiving Day**  
10:30a - 4p Chiropractic Clinic. By Appointment and Walk-In  
11a - 2p - Reiki with Wade. By Appointment Only  
1:30p - 4:30p Massage w/ Chad  
1p - 5p Ceramics Studio Open

**14**

**Tuesday**  
10a - 3p CHIRP LA Resource Fair - California Endowment  
11a - 3p Harm Reduction Program at AHF Hollywood Flagship  
10a - 12p Facial Rejuvenation Clinic  
6p - 7:30p The Queen Bees Women's Group



**Wednesday - National Latinx HIV Awareness Day**  
10a - 2p Harm Reduction Program at Minority AIDS Project  
10a - 2p Acupuncture Clinic. By Appointment Only  
7p - 9p Wise Ones on ZOOM

**16**

**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

**17**

**Friday**  
11a - 3p Harm Reduction Program at AHF Hollywood Flagship  
2p - 3:30p Sound Bath with Wade and Sean  
7p - 9p Friday Night Lite on ZOOM

**18**

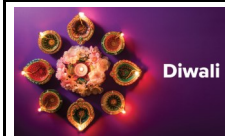
**Saturday**  
1p - 5p Ceramics Studio open  
1p - 5p Harm Reduction Program at Being Alive WeHo  
7p - 8p CMA "Hollywood Stars"

**19**

**Sunday**  
1p - 5p Ceramics Studio Open

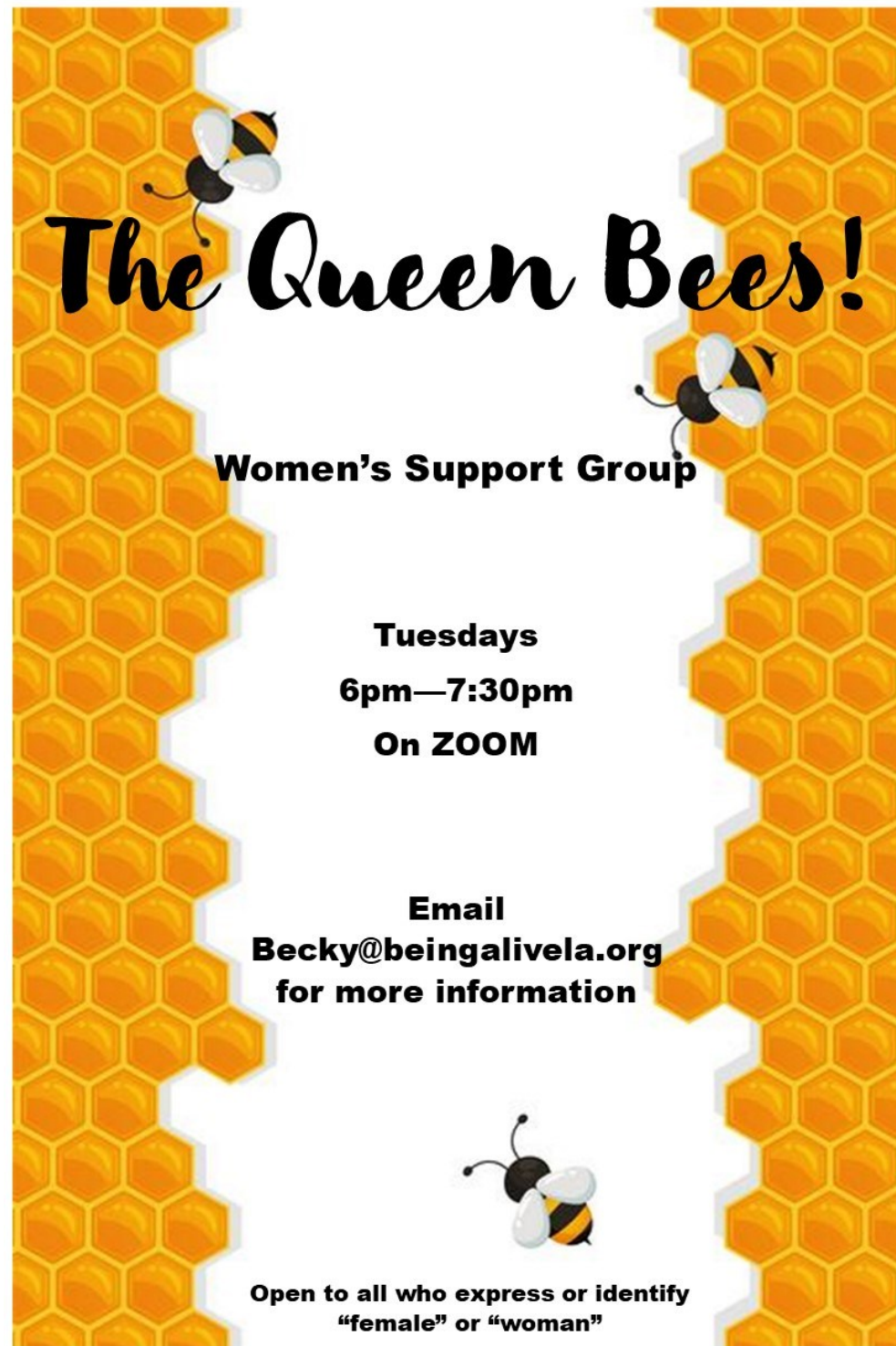
**20**

**Monday**  
10:30a - 4p Chiropractic Clinic. By Appointment and Walk-In  
11a - 2p - Reiki with Wade. By Appointment Only  
1:30p - 4:30p Massage w/ Chad  
1p - 5p Ceramics Studio Open



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

|                                                                                     |                                                                                                                                                                                                                                                                    |
|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>October</b><br><b>22</b>                                                         | <b><u>Wednesday</u></b><br>10a - 2p Harm Reduction Program at Minority AIDS Project<br>10a - 2p Acupuncture Clinic. By Appointment Only<br>3:30p - 4:30p Yoga for Every Body<br>7p - 9p Wise Ones IN PERSON at Being Alive                                         |
| <b>23</b>                                                                           | <b><u>Thursday</u></b><br>11a - 3p Harm Reduction Program at APAIT<br>1p - 5p Movie Meet Up TBA<br>6:30p - 7:30p Qi Gong w/ Trenton<br>7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center                                                                     |
| <b>24</b>                                                                           | <b><u>Friday</u></b><br>11a - 3p Harm Reduction Program at AHF Hollywood Flagship<br>7p - 9p Friday Night Lite on ZOOM                                                                                                                                             |
| <b>25</b>                                                                           | <b><u>Saturday - Nat'l Acupuncture and Oriental Medicine Day</u></b><br>1p - 5p Ceramics Studio Open<br>1p - 5p Harm Reduction Center WeHo Open<br>7p - 8p CMA "Hollywood Stars"  |
| <b>26</b>                                                                           | <b><u>Sunday</u></b><br>1p - 5p Ceramics Studio Open                                                                                                                                                                                                               |
|    | <b><u>Monday - Black Cat Day</u></b><br>10:30a - 4p Chiropractic Clinic. By Appointment and Walk-In<br>11a - 2p Reiki with Wade. By Appointment Only<br>1:30p - 4:30p Massage w/ Chad<br>1p - 5p Ceramics Studio Open                                              |
| <b>28</b>                                                                           | <b><u>Tuesday</u></b><br>11a - 3p Harm Reduction Program at AHF Hollywood Flagship<br>10a - 12p Facial Rejuvenation Clinic<br>6p - 7:30p The Queen Bees Women's Group                                                                                              |
| <b>29</b>                                                                           | <b><u>Wednesday</u></b><br>10a - 2p Harm Reduction Program at Minority AIDS Project<br>10a - 2p Acupuncture Clinic. By Appointment Only. TBA<br>7p - 9p Wise Ones on ZOOM                                                                                          |
| <b>30</b>                                                                           | <b><u>Thursday</u></b><br>11a - 3p Harm Reduction Program at APAIT<br>6:30p - 7:30p Qi Gong w/ Trenton<br>7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center                                                                                                  |
|  | <b><u>Friday - Halloween</u></b><br>Being Alive Offices Closed<br>7p - 9p Friday Night Lite on ZOOM                                                                             |



# 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*

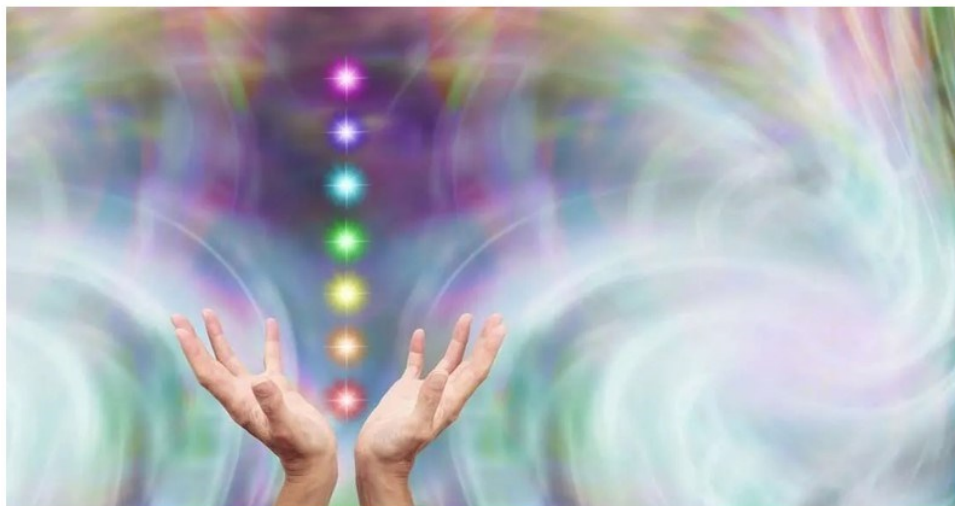
**Mondays 11am - 2pm**  
**by Appointment Only**

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](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!**

# 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



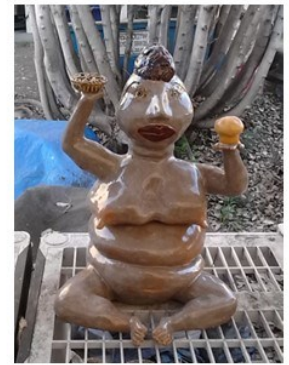
## Get Creative!

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 - 1:00pm to 5:00pm**

Facilitated by Jim S.

Contact Being Alive with additional questions

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

# 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.**

# 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@beingalivelas.org](mailto:RMeredith@beingalivelas.org)

7080 Hollywood Blvd, Suite 450  
Los Angeles, CA 90028

# 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



## **SOUND BATH FOR THE CHANGING SEASONS**

**FRIDAY, OCTOBER 17th, 2025**

**2:00pm - 3:30pm**

**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





# 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**



## 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.