

Descanso Gardens

Springtime Field Trip!

Thursday, May 7th

9:30am Check In at Being Alive

4:00pm Departure from Descanso

5:00pm Est. Arrival at Being Alive

Lunch and Admission Provided

Register by emailing becky@beingalivela.org

Parking available for a fee nearby:

7080 Hollywood - \$20/day

Hollywood/Sycamore - \$10/day



May 2026



Being Alive

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

(323) 874-4322

Monday - Thursday 10am - 6pm; Friday by appointment only

www.beingalivela.org

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

Pottery 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 appointment time to complete paperwork.

Reiki with Wade

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

Massage

Mondays w/ Celest 2p - 5p
Wednesdays w/ Mickey 11a - 2p
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 program. 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

COME JOIN THE FUN!
BE IN THE PARADE WITH US!

WEHO PRIDE

Sunday, June 7th, 2026

Time To Be Announced.

Show your pride, celebrate BEING ALIVE, and ride with us on the big, butch truck!

Email Jamie to join the fun.

Jamie@beingalivela.org





Heart2Heart Support Group

Are you carrying trauma with you every day? Do you always feel tense or on edge? Do you think you may have PTSD or C-PTSD?

Every Thursday
starting May 7th

In-person at
Being Alive

From 4pm-
5:30pm

Supervised by Barbara Herring
License #109537

DISCLAIMER: This is a support group and cannot
replace individual counseling, or provide
assessments/diagnoses.



For more information contact Becky at
becky@beingalivela.org or [323-874-4322](tel:323-874-4322)



Events at a Glance

May 2026

- 3 - Off Sunset Festival
- 7 - Field Trip to Descanso Gardens
- 15 - Spring Sound Bath
- 16 - Capitol Drugs "Russell Ybarra" Health Fair
- 16-17 - Long Beach Pride
- 18 - LA Public Library Sign Up
- 25 - Memorial Day Holiday
- 28 - Movie Meet Up



June 2026

- 6-7 - WeHo Pride
- 14 - The Magic Flute (Tentative)
- 18 - Medical Update
- 19 - Juneteenth Holiday
- 24 - Yoga for Every Body
- More to come!

REMINDER: If you are feeling ill, please cancel your appointment. We will be happy to reschedule your appointment without any penalty or cancellation fee.

BEING ALIVE MISSION STATEMENT

To eliminate stigma and barriers to care by delivering integrated wellness, mental health, and community support with compassion—ensuring every person living with HIV has the opportunity to thrive.

PUBLICATION	ONLINE
<p>Being Alive Monthly Calendar</p> <p>May 2026</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>www.beingalivela.org</p> <p>Or follow us on</p> 

APPOINTMENT & CANCELLATION POLICY
 Many events, activities, clinics and some groups require reservations.

Please call Being Alive to make a reservation (or call the number referenced, if listed).

PLEASE GIVE 48 HOURS NOTICE IF YOU NEED TO CANCEL!
 NO SHOWS for Wellness Center require a \$5 fee to reschedule.
 NO SHOWS for Facial Rejuvenation Clinic require \$100 to reschedule.
 NO SHOWS for events where food is provided will incur a \$20 fee and may result in restriction from future events.

You may forfeit your right to make reservations if you fail to cancel three or more times. Failing to cancel for an event (field trips, ticketed events) may result in restrictions from future events.

LATE POLICY—If you are more than 10 minutes late for an appointment, you may not be seen and will have to reschedule for a future date.

CONTRIBUTORS MAKE A DIFFERENCE

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

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

Nonprofit Federal Tax ID # 95-4137742
 Donations are greatly appreciated.

The Wise Ones



Every Wednesday
7:00pm - 9:00pm

Email Becky@BeingAliveLA.Org
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.

A SPECIAL MOVIE MEET UP EVENT!

The Devil Wears Prada 2



THURSDAY,
MAY 28th
EXACT TIME AND
LOCATION TBA
Either Landmark or
The Chinese Theater

Share of cost is \$5.00 - Scholarships available
No transportation provided, no food provided
Email Becky@beingalivela.org to sign up

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

Heart2Heart Process Group - 4:00pm to 5:30pm In Person

This is a therapist-led trauma group held weekly virtually. Contact Becky@beingalivela.org with questions.

CMA "Non-God Squad" - 7:30pm to 9:00pm (IN PERSON at BA Harm Reduction Ctr.)

This meeting is both HIV / LGBTQIA + affirmative. 7976 Santa Monica Blvd., West Hollywood. Crystal Meth Anonymous is a non-profit, 12-step fellowship for those in recovery from addiction to crystal meth. Membership in CMA is open to anyone with a desire to stop using drugs.

Fridays

Courage 2 Connect - 6:30pm to 7:45pm (IN PERSON at BA Wellness Center)

Join us for a gentle, spiritually centered exploration of recovery from emotional and relational anorexia. This is a 12-step drop-in group open to all.

Friday Night Lite - 7:00pm to 9:00pm (Virtual on ZOOM)

Shake off the weekday dust and get ready for the weekend in a fun, safe environment with other HIV+ people who can support each other in a compassionate and uplifting way. Kick-off your weekend with encouragement! Facilitated by Richard. Email richardfnt@gmail.com 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.

MESSAGE THERAPY AT BEING ALIVE!



**Mondays from 2:00pm - 5:00pm
with Celest**

**Wednesdays from 11:00am - 2:00pm
with Mickey**

Email Becky@BeingAliveLA.org to join the waitlist.

**Please arrive 20 minutes early for your first
appointment to fill out paperwork.**



<p>May 1</p>	<p>Friday - International Tuba Day / Lei Day 11a - 4p Harm Reduction Program at AHF Hollywood Flagship 6:30p - 7:45p Courage2Connect Group 7p - 9p Friday Night Lite on ZOOM</p>
<p>2</p>	<p>Saturday 1p - 5p Pottery Studio open 12p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"</p>
<p>3</p>	<p>Sunday 12p - 7p Off Sunset Festival 1p - 5p Pottery Studio Open</p>
	<p>Monday - Star Wars Day 10:30p - 4p Chiropractic Clinic. By Appointment and Walk-In 11a - 2p - No Reiki Today 1p - 5p Pottery Studio Open</p>
<p>5</p>	<p>Tuesday 10a - 12p Facial Rejuvenation Clinic 11a - 4p Harm Reduction Program at AHF Hollywood Flagship 6p - 7:30p The Queen Bees Women's Group</p>
<p>6</p>	<p>Wednesday 10a - 3p Harm Reduction Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 7p - 9p Wise Ones on ZOOM</p>
<p>7</p>	<p>Thursday 11a - 4p Harm Reduction Program at APAIT 4p - 5:30p Heart2Heart Group (in person) 6:30p - 7:30p Qi Gong w/ Trenton 7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center</p>
	<p>Friday - World Red Cross Day 11a - 4p Harm Reduction Program at AHF Hollywood Flagship 6:30p - 7:45p Courage2Connect Group 7p - 9p Friday Night Lite on ZOOM</p>
<p>9</p>	<p>Saturday 1p - 5p Pottery Studio open 12p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"</p>
<p>10</p>	<p>Sunday - Mothers Day 1p - 5p Pottery Studio Open</p>











TICKETS: www.eventim.us/event/OFF-SUNSET-FESTIVAL-2026/683483

Sunset Junction area: 4219 Santa Monica Blvd., Los Angeles, CA, 90029

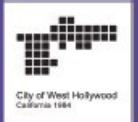
Stop by and say hi to Silvia at the Being Alive booth!



<p>May 11</p>	<p>Monday 10:30a - 4p Chiropractic Clinic. By Appointment and Walk-In 11a - 2p- Reiki with Wade. By Appointment Only 1p - 5p Pottery Studio Open</p>
	<p>Tuesday - International Nurses Day 10a - 12p Facial Rejuvenation Clinic 11a - 4p Harm Reduction Program at AHF Hollywood Flagship 6p - 7:30p The Queen Bees Women's Group</p>
<p>13</p>	<p>Wednesday 10a - 3p Harm Reduction Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 7p - 9p Wise Ones on ZOOM</p>
<p>14</p>	<p>Thursday 11a - 4p Harm Reduction Program at APAIT 4p - 5:30p Heart2Heart Group (in person) 6:30p - 7:30p NO Qi Gong Tonight 7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center</p>
<p>15</p>	<p>Friday 11a - 4p Harm Reduction Program at AHF Hollywood Flagship 11:30a - 1:30p Spring Sound Bath with Wade and Sean 6:30p - 7:45p Courage2Connect Group 7p - 9p Friday Night Lite on ZOOM</p>
<p>16</p>	<p>Saturday 12p - 4p Capitol Drugs Health Fair 1p - 5p Pottery Studio open 12p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"</p>
<p>17</p>	<p>Sunday 1p - 5p Pottery Studio Open</p>
<p>18</p>	<p>Monday - International Museum Day 10:30a - 4p Chiropractic Clinic. By Appointment and Walk-In 11a - 1p LA Library Sign Up in Lobby 11a - 2p - No Reiki Today 1p - 5p Pottery Studio Open</p> 
	<p>Tuesday - Nat'l Asian/Pac. Islander HIV/AIDS Awareness Day 10a - 12p Facial Rejuvenation Clinic 11a - 4p Harm Reduction Program at AHF Hollywood Flagship 6p - 7:30p The Queen Bees Women's Group</p>
<p>20</p>	<p>Wednesday 10a - 3p Harm Reduction Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 7p - 9p Wise Ones on ZOOM</p>

May 21	Thursday 11a - 4p Harm Reduction Program at APAIT 4p - 5:30p Heart2Heart Group (in person) 6:30p - 7:30p No Qi Gong Today 7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center
22	Friday 11a - 4p Harm Reduction Program at AHF Hollywood Flagship 6:30p - 7:45p Courage2Connect Group 7p - 9p Friday Night Lite on ZOOM
	Saturday - World Turtle Day 1p - 5p Pottery Studio open 12p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"
24	Sunday 1p - 5p Pottery Studio Open
25	Monday - Memorial Day Holiday  1p - 5p Pottery Studio Open
26	Tuesday 10a - 12p No Facial Rejuvenation Clinic Today 11a - 4p Harm Reduction Program at AHF Hollywood Flagship 6p - 7:30p The Queen Bees Women's Group
27	Wednesday - Eid al-Adha 10a - 3p Harm Reduction Program at Minority AIDS Project 10a - 2p Acupuncture Clinic. By Appointment Only 7p - 9p Wise Ones IN PERSON!
28	Thursday 11a - 4p Harm Reduction Program at APAIT 1p - 4p Movie Meet Up: The Devil Wears Prada 2 4p - 5:30p Heart2Heart Group (in person) 6:30p - 7:30p No Qi Gong Today 7:30p - 9p CMA "Non-God Squad" at Harm Reduction Center
	Friday - Flip Flop Day (Chanclas and "Slippahs" too) 11a - 4p Harm Reduction Program at AHF Hollywood Flagship 6:30p - 7:45p Courage2Connect Group 7p - 9p Friday Night Lite on ZOOM
30	Saturday 1p - 5p Pottery Studio open 12p - 5p Harm Reduction Program at Being Alive WeHo 7p - 8p CMA "Hollywood Stars"
31	Sunday 1p - 5p Pottery Studio Open




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



YOGA



AT BEING ALIVE

YOGA FOR EVERY BODY

CANCELLED IN MAY

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.



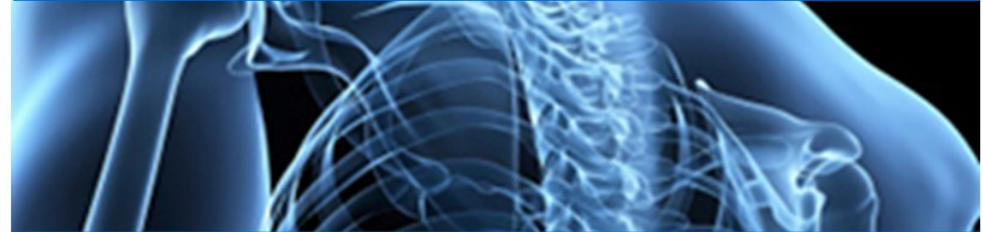
Bring yoga mat, blocks, blanket, and water.



RSVP to Ross - 323.874.4322 or email RMeredith@beingalivelife.org

7080 Hollywood Blvd, Suite 450
Los Angeles, CA 90028

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

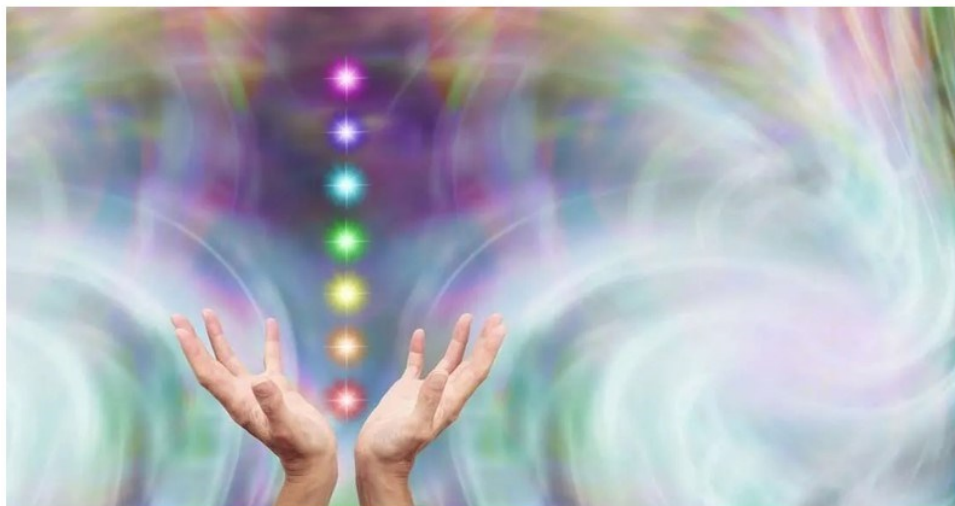
by Appointment Only

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

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

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



SPRING SOUND BATH

FRIDAY, MAY 13th, 2026

11:30pm - 1:30pm

at Being Alive

**Register at
Becky@beingalivela.org**

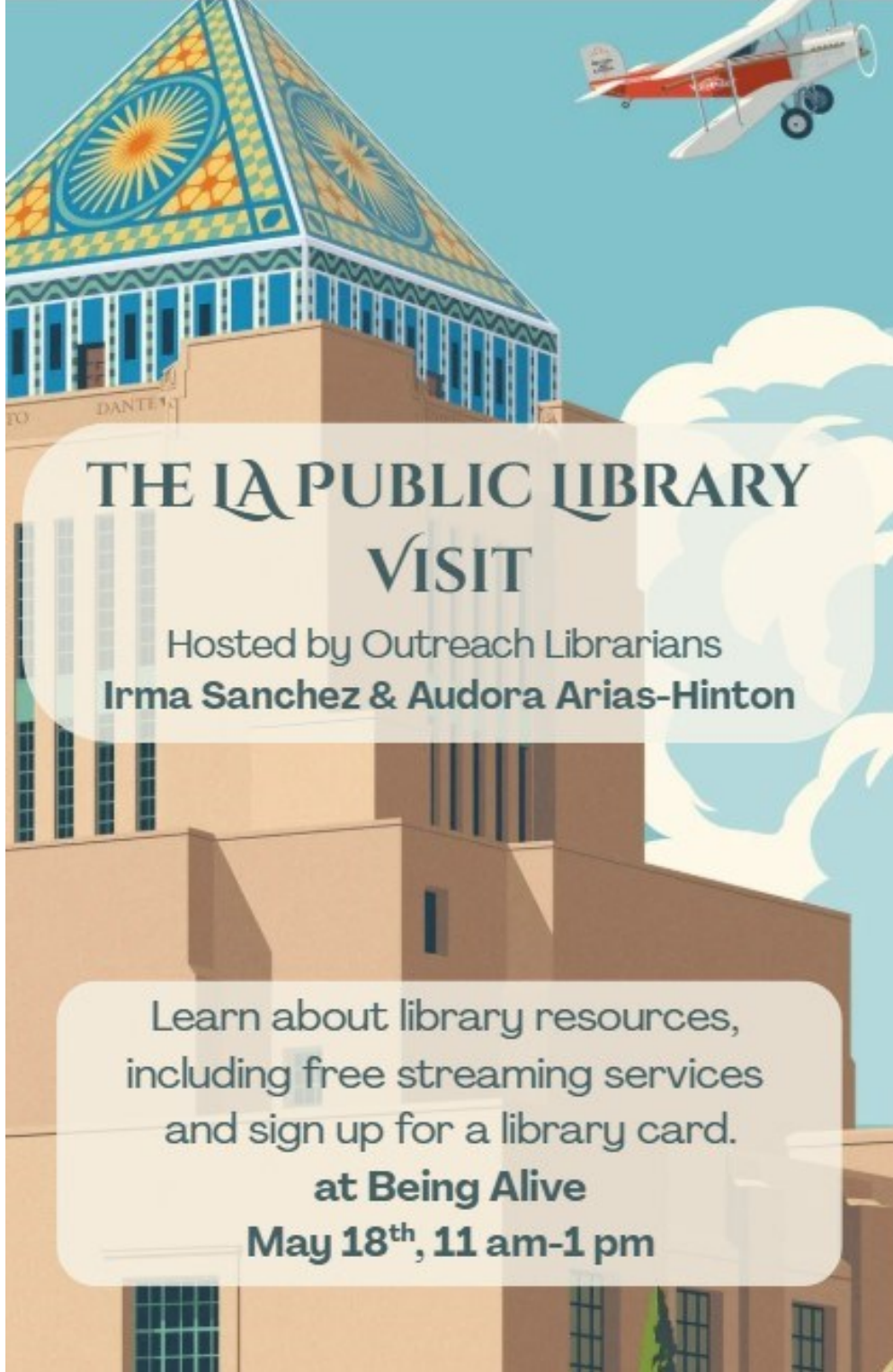
Limited to 20 participants

Dress in comfortable layers. Bring a blanket, mat, pillow, or zafu.



Hosted by Sean Weerasinghe
and Wade Cook





THE LA PUBLIC LIBRARY VISIT

Hosted by Outreach Librarians
Irma Sanchez & Audora Arias-Hinton

Learn about library resources,
including free streaming services
and sign up for a library card.
at Being Alive
May 18th, 11 am-1 pm

Get Creative! Peer Support through Art



POTTERY 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.)**

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



The Queen Bees!

Women's Support Group

Tuesdays

6pm—7:30pm

On ZOOM

Email

Becky@beingalivela.org

for more information



**Open to all who express or identify
"female" or "woman"**

Being Alive's Syringe Servicing Program Newly Expanded Hours



Harm Reduction Center
7976 Santa Monica Blvd.
West Hollywood, CA 90046

Tuesdays - Saturdays
12:00 p.m. - 5:00 p.m.

Sundays - Mondays
Closed

AHF Flagship Pharmacy
4905 Hollywood Blvd.
Los Angeles, CA 90028
Tuesdays & Fridays
11:00 a.m. - 4:00 p.m.

Minority AIDS Project
5149 W. Jefferson Blvd.
Los Angeles, CA 90016
Wednesdays
10:00 a.m. - 3:00 p.m.

APAIT
3055 Wilshire Blvd.
Los Angeles, CA 90010
Thursdays
11:00 a.m. - 4:00 p.m.

Four Locations to Serve You



BeingAliveLA



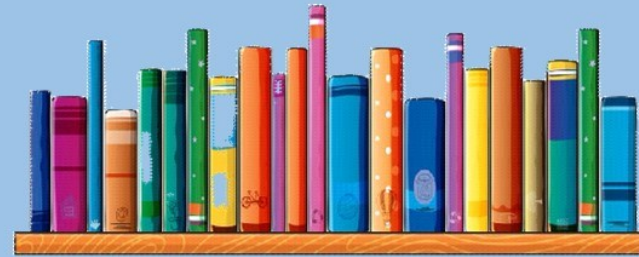
BeingAlive_LA



@BeingAlive1986



LIBRARY



Come borrow a **BOOK.**
WITH NO TIME LIMITS

Open Mon & Wed
in the main lobby.

Or call to make an
appointment!

Geo at 323-874-4322



COURAGE2 CONNECT

Sex and Love Addicts Anonymous
Anorexia Step Study Meeting
Fridays at 6:30 PM - 7:45 PM at Being Alive
Wade, facilitator

Join us for a gentle, spiritually centered exploration of recovery from emotional and relational anorexia.

This weekly group integrates 12-step study, meditation, and spirituality using the Sex and Love Addicts Anonymous Anorexia Step Study Guides.

The meeting offers a space for quiet honesty, shared experience, and connection with others healing from patterns of avoidance, fear of intimacy, and self-protection.

All are welcome — newcomers and long-timers alike.

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



Have Loose Ends To Tie Up? Need Extra Support? New To HIV?

We're Here to Help.

Case Management & Extra Support for Medical and Social Needs

We can help with:

- Medical care coordination
- Medications & appointments
- Community & social resources
- Ongoing guidance & support



An experienced case manager, treatment educator, and trainer, Ms. Simek has worked in HIV/AIDS for more than 25 years. Prior to joining the staff of Being Alive, she worked at AIDS Research Alliance, AIDS Project Los Angeles, and the UCLA CARE Center. Fluent in Spanish, she is dedicated to helping people living with HIV/AIDS improve their health and well being.



Ending
the
HIV
Epidemic

Ending the HIV Epidemic in Los Angeles County
By Utilizing the Right Data, Right Tools, and Right Leadership

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.

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



ACUPUNCTURE

Get to the point and schedule your acupuncture appointment today!



WEDNESDAYS 10AM-2PM

with Acupuncturist Dr. Lana, DAOM, LAc
Interns Shellonda and Hunter

By Appointment Only!

Call 323-874-4322 for an appointment.

Masking optional but encouraged.