BEING ALIVE! 40!

NOVEMBER 2026



Wellness Center
7080 Hollywood Blvd., Ste 450
Los Angeles, CA 90028
(323) 874-4322
Monday - Thursday 10am - 6pm

Harm Reduction Center
7976 Santa Monica Blvd.,
West Hollywood, CA 90046
(323) 848-4445
Tuesday - Saturday 12 - 5pm

www.beingalivela.org

PROGRAMS & WELLNESS SERVICES

ACUPUNCTURE

Relieve pain, reduce stress, and support whole-body healing.

Being Alive - Wellness Center

Wednesday 10:00 AM - 2:00 PM

By Appointment Only

CHIROPRACTIC CARE

Improve mobility, reduce pain, and support your body's natural alignment.

Being Alive - Wellness Center

Monday 10:30 AM - 4:00 PM

By Appointment Only

REIKI

Restore balance, release tension, and promote inner peace.

Being Alive - Wellness Center

Monday 11:00 AM - 2:00 PM

By Appointment Only

PSYCHOTHERAPY

Individual and couples support for mental health and personal growth.

Being Alive - Wellness Center

Call for information and appointments.

ADAP/OA-HIPP ENROLLMENT

Get help enrolling in HIV medication assistance programs.

Call for information and appointments.

FACIAL REJUVENATION

Enhance your natural glow and boost your self-care.

NO NEW APPLICATIONS are being accepted. Existing clients will be scheduled.

POTTERY

Express, create, and connect through mindful art therapy.

Being Alive - Harm Reduction Center

Saturday - Monday 12:00 PM - 4:00 PM

Drop-In

HARM REDUCTION SERVICES

Access safer use supplies, education, and compassionate support.

Being Alive - Harm Reduction Center

Tuesdsay - Saturday 12:00 PM - 5:00 PM

Drop-In

ALL WELLNESS SERVICES ARE FREE FOR PEOPLE LIVING WITH HIV.

ALL HARM REDUCTION SERVICES ARE FREE TO THE PUBLIC.

CALL 323-874-4322

FOR WELLNESS APPOINTMENTS

EVENTS AT A GLANCE

November 2026

7 - *Carmen* at LA Opera

11 - CLOSED - Veterans Day Holiday

12 - Medical Update Dinner

18 - *Long Road To Tao* Screening at Plummer Park

18- *Connie Norman Story* at Barnsdall Park

25-27 - CLOSED - Thanksgiving Holiday



December 2026

1 - Worlds AIDS Day

2- Paul A Stark Awards

7 - Last day of Chiropractor for the year

9 - Last day of Acupuncture of the year

11 - Autumn Sound Bath

15 - Client Festival Feast

21 -January 3 - CLOSED - Holiday Closure

Check our website for any updates.

www.beingalivela.org

or follow us @beingalive_la

	**Sunday - Dia de los Santos** Daylights Saving Time ends 1-5p Pottery Studio Open. Walk-in
	**Monday - Dia de los Muertos** 10:30a-4p Chiropractic Clinic. Appointment only 11a-2p Reiki with Wade. Appointment only 1-5p Pottery Studio Open. Walk-in
3	**Tuesday** 10a-12p Facial Rejuvination Clinic 11a-4p Harm Reduction Program @ AHF Hollywood Flagship 6-7:30p The Queen Bees Women's Group
4	**Wednesday** 10a-2p Acupuncture Clinic. Appointment only 10a-3p Harm Reduction @ Minority AIDS Project 7-9p Wise Ones on Zoom
5	**Thursday** 11a-4p Harm Reduction @ APAIT 3-4p HIV and Aging Listening Session @ Plummer Park 7:30-9p CMA "Non-God Squad" @ Harm Reduction Center 6-8p Medical Update Dinner @ Plummer Park
6	**Friday** 6:30-7:45p Courage2Connect Group 7-9p Friday Night Lite on Zoom
7	**Saturday** 12-5p Harm Reduction Program @ Being Alive WeHo 12-4p Pottery Studio Open. Walk-in 7:30-10:45p Carmen @ LA Opera
8	**Sunday** 12-4p Pottery Studio Open. Walk-in
	**Monday - World Freedom Day** 10:30a-4p Chiropractic Clinic. Appointment only 11a-2p Reiki with Wade. Appointment only 12-4p Pottery Studio Open. Walk-in
10	**Tuesday** 10a-12p Facial Rejuvination Clinic 11a-4p Harm Reduction Program @ AHF Hollywood Flagship 6-7:30p The Queen Bees Women's Group

	**<u>Wednesday - Veterans Day</u>** ALL BEING ALIVE OFFICES CLOSED
12	**<u>Thursday</u>** 11a-4p Harm Reduction @ APAIT 7:30-9p CMA “Non-God Squad” @ Harm Reduction Center 6-8p Medical Update Dinner @ Fiesta Hall 3-4p Pilates @ Breakthrough Pilates
	**<u>Friday - Caregiver Appreciation Day</u>** 6:30-7:45p Courage2Connect Group 7-9p Friday Night Lite on Zoom
14	**<u>Saturday</u>** 12-5p Harm Reduction Program @ Being Alive WeHo 12-4p Pottery Studio Open. Walk-in
15	**<u>Sunday</u>** 12-4p Pottery Studio Open. Walk-in
	**<u>Monday - Party With Your Bear Day</u>** 10:30a-4p Chiropractic Clinic. Appointment only 11a-2p Reiki with Wade. Appointment only 12-4p Pottery Studio Open. Walk-in
17	**<u>Tuesday</u>** 10a-12p Facial Rejuvination Clinic 11a-4p Harm Reduction Program @ AHF Hollywood Flagship 6-7:30p The Queen Bees Women’s Group
18	**<u>Wednesday</u>** 10a-2p Acupuncture Clinic. Appointment only 10a-3p Harm Reduction @ Minority AIDS Project 7-9p Wise Ones on Zoom 5-8:30p *Long Road to Tao* Screening @ Plummer Park 6-9p *AIDS Diva: The Legend Connie Norman* @ Barnsdall Park
19	**<u>Thursday</u>** 11a-4p Harm Reduction @ APAIT 7:30-9p CMA “Non-God Squad” @ Harm Reduction Center
20	**<u>Friday</u>** 6:30-7:45p Courage2Connect Group 7-9p Friday Night Lite on Zoom

21	**Saturday** 12-5p Harm Reduction Program @ Being Alive WeHo 12-4p Pottery Studio Open. Walk-in
22	**Sunday** 12-4p Pottery Studio Open. Walk-in
23	**Monday** 10:30a-4p Chiropractic Clinic. Appointment only 11a-2p Reiki with Wade. Appointment only 12-4p Pottery Studio Open. Walk-in
24	**Tuesday** 10a-12p Facial Rejuvination Clinic 11a-4p Harm Reduction Program @ AHF Hollywood Flagship 6-7:30p The Queen Bees Women's Group
25	**Wednesday - Thanksgiving Vacation** ALL BEING ALIVE OFFICES CLOSED
 **6**	**Thursday - Thanksgiving Day** ALL BEING ALIVE OFFICES CLOSED
27	**Friday - Thanksgiving Vacation** ALL BEING ALIVE OFFICES CLOSED
28	**Saturday** 12-5p Harm Reduction Program @ Being Alive WeHo 12-4p Pottery Studio Open. Walk-in
	**Sunday - Chia Pet Day** 12-4p Pottery Studio Open. Walk-in
30	**Monday** 10:30a-4p Chiropractic Clinic. Appointment only 11a-2p Reiki with Wade. Appointment only 12-4p Pottery Studio Open. Walk-in

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.
(323) 874-4322

MO

If you have a group you'd like to see, let us know!

TU

Queen Bees

6:00 pm - 7:30 pm

Virtual Only

Facilitator: Becky

Email: becky@beingalive.org

A women's support group for women seeking support and connection in a safe atmosphere. Discussions will be guided by group members.

WE

Wise Ones

7:00 pm - 9:00 pm

Virtual / In-Person every 4th Wednesday of the month

Location: Zoom / Being Alive - Wellness Center

Email: becky@beingalive.org

An empowering drop-in social group for individuals over 35. Connect over issues related to aging with HIV and meeting long-term survivors dealing with HIV.

TH

CMA - Non-God Squad

7:30 pm - 9:00 pm

In-Person

Location: Being Alive - Harm Reduction Center 7976 Santa Monica Blvd

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

FR

Courage 2 Connect

6:30 pm - 7:45 pm

In-Person

Location: Being Alive - 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

7:00 pm -9:00 pm

Virtual Only

Facilitator: Richard

Email: richardfnlt@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. Kick-off your weekend with encouragement!

SA

CMA - Hollywood Stars

7:00 pm - 8:00 pm

In-Person

Location: Being Alive - Wellness Center

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

BEING ALIVE!

MISSION STATEMENT

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

APPOINTMENT & CANCELLATION POLICY

Many events, activities, clincs and groups require reservations.

Please call Being Alive to make a reservation.

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

You may forfeit your right to make more reservations if you fail to cancel three or more times.
Failing to cancel for an event (field trip, ticketed event) 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.

CONTRIBUTIONS MAKE A DIFFERANCE.
DONATIONS ARE GREATLY APPRECIATED.

Contributions come in many forms, whether monetary, volunteer time, or expertise. Being Alive sincerely appriciates all forms of contributions to keep our vital programs and services alive. Donations are tax-detuctible to the full extent of the law.

Nonprofit Federal Tax ID# 95-4137742

ADAP / HIPP Enrollment

AIDS Drug Assistance Program

The AIDS Drug Assistance Program (ADAP) is for people diagnosed with HIV or AIDS who are insurance 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 600% Federal Poverty Level based on household size and income;
- Not be fully covered by Medi-Cal or any other third party payers.

OA HIPP

Health Insurance Premium Payment program administered by the Office of AIDS (OA-HIPP) pays for health insurance premiums and certain out-patient medical out-of-pocket costs. 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

Health Insurance Premium Payment program administered by the Office of AIDS (OA-HIPP) pays for health insurance premiums and certain out-patient medical out-of-pocket costs. To be eligible for the OA-HIPP program, a client must:

- Be enrolled in ADAP;
- Be enrolled in a Medicare Part D or a Medicare Part C 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 insured and uninsured individuals at risk for, but not infected with HIV.

Please have California ID, insurance card, utility bill, diagnosis form, and proof of income (tax return or three 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.

CDPH California Department Of PublicHealth



CANCELLATION & NO SHOW POLICY

NO SHOWS for acupuncture and chiropractic appointments will accrue a $5 fee prior to scheduling your next appointment. This includes cancellations made less than 48 hours prior to your appointment.

NO SHOW FEE = $5

LATE CANCELLATION FEE = $5

3 NO SHOWS/LATE CANCELLATIONS MAY RESULT IN LOSS OF FUTURE APPOINTMENTS

NO SHOW FEE FOR SCULPTRA = $100 & NO NEW APPOINTMENTS

CALL 323-874-4322 TO CANCEL - DO NOT EMAIL

Free does not mean valueless. When you miss appointments: Clients loose appointments. Clinicians lose training hours. Being Alive loses numbers for grant reporting. Thank you for your consideration.

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 communications with your body's intuitive wisdom, allowing one to balance physically, mentally, emotionally, and spritually.

Email Becky@beingalivela.org
or call 323-874-4322

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

COURAGE 2 CONNECT

Sex and Love Addicts Anonymous
Anorexia Step Study Meeting

Friday 6:30 - 7:45 PM

Being Alive - Wellness Center

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

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

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

Facilitaed by Wade, all are welcome - newcomers and long timers alike.

BEING ALIVE!

City of West Hollywood
California 1984

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

Being Alive's Syringe Servicing Program

Four Locations to Serve You

BEING ALIVE!

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.

BeingAliveLA

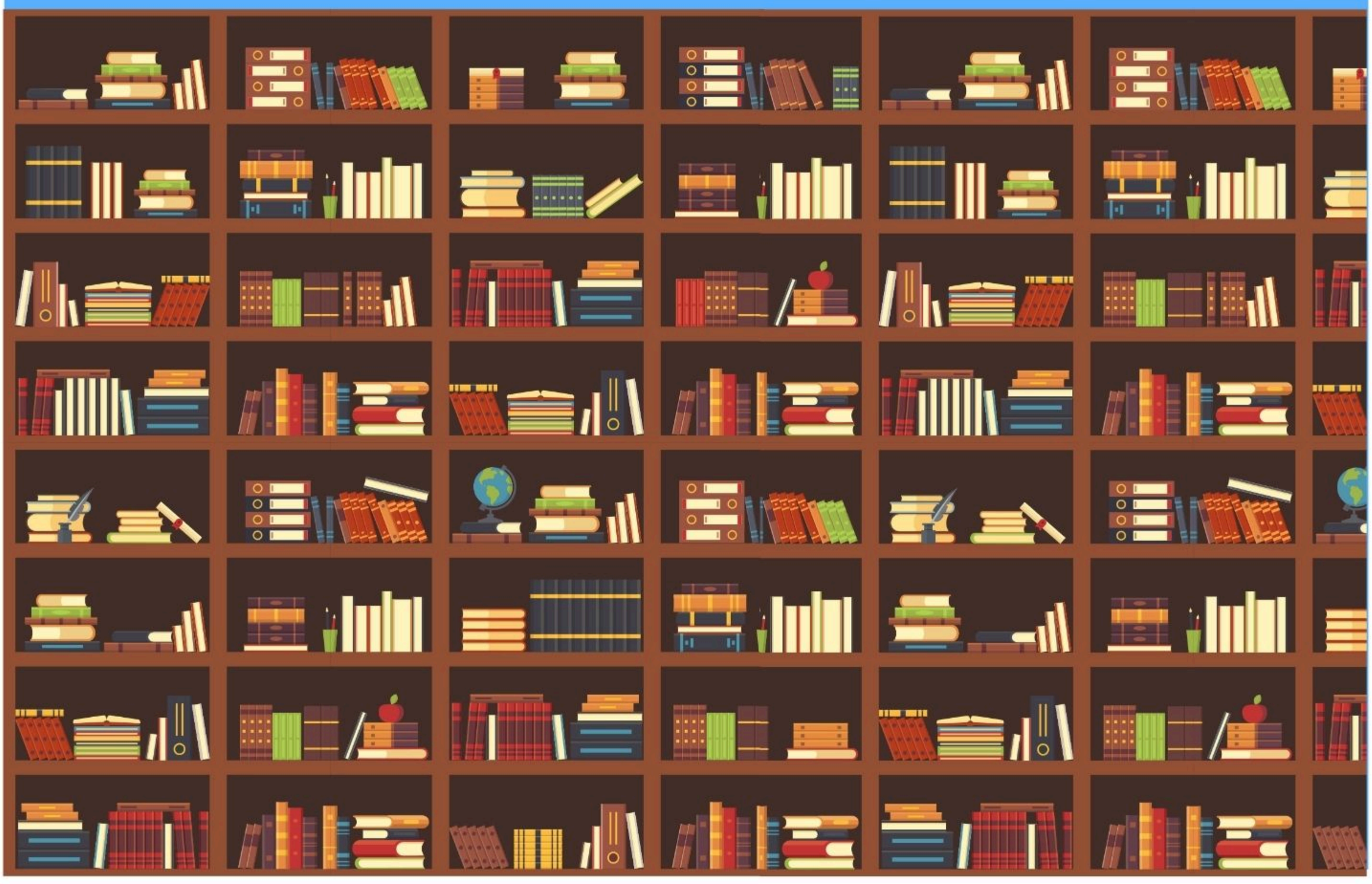
BeingAlive_LA

@BeingAlive1986

BEING ALIVE!

LIBRARY

Borrow a book **with no time limits.**
Monday & Wednesday in the main lobby
or call to make an appointment.




"TESTAMENT TO A POWERFUL LEGACY OF RESISTANCE"
"IMPORTANT AND LOVINGLY-CRAFTED"
"AS BOLD, BRASH AND UNAPOLOGETIC AS THE WOMAN HERSELF"
"FUNNY AND HUMANE" "UNFLINCHINGLY HONEST"
"DEEPLY MOVING" "DISTURBINGLY RELEVANT"
OFFICIAL SELECTION OUTFEST 2021
BFI FLARE LONDON LGBTIQ+ FILM FESTIVAL OFFICIAL SELECTION 2021
OUT SHINE LGBTQ+ FILM FESTIVAL OFFICIAL SELECTION 2021
OFFICIAL SELECTION Korea Queer Film Festival 2021
AIDS DIVA:
THE LEGEND OF
CONNIE
NORMAN
A FILM BY DANTE ALENCASTRE
PRODUCERS DANTE ALENCASTRE, JOHN JOHNSTON
EDITORS ANDREW KIMERY, MARCOS NIEVES, MARK DASHNAW
WRITER / RESEARCHER JOHN JOHNSTON
CINEMATOGRAPHERS MARCOS NIEVES , PRISCILA ALEGRIA NUNEZ
SOUND GEORGE TATAJE, IGOR KOGAN, MAJOR LATIMER
MUSIC JASE HILL, MERISSA MAGDAEL-LAURON
WEDNESDAY, NOVEMBER 18TH
BARNSDALL PARK - 6-9 PM
Free screening starting at 7pm.
Email GBotticella@BeingAliveLA.org for tickets.


A Long Road to Tao
"It truly calls upon the works and life of Jack Kerouac and even Steinbeck, imbuing the author's journey with a literary quality not so different from the works of his own heroes."
– The Black List
Based on the memoir by Michael A. Allen
"Tao of Surfing: Finding Depth at Low Tide"
"This visionary story shines brilliantly throughout every frame."
– Jacquelynn Wollheart, Wolf Media Festival
WINNER
AUDIENCE CHOICE
Las Cruces International Film Festival
2024
GRAND PRIZE
BEST FEATURE
Marina Del Rey Film Festival
Los Angeles
2025
WINNER
Best Dramatic Performance
Jason Bernardo
Wolf Media Festival
Melbourne, Florida
2025
WINNER
Best Lead Performance
KC Deane
Wolf Media Festival
Melbourne, Florida
2025
WINNER
Best LGBTQ Narrative
Wolf Media Festival
Melbourne, Florida
2025
WINNER
Best Literary Film
Wolf Media Festival
Melbourne, Florida
2025
Official Selection
Carmel International Film Festival
Carmel, California
2024
GRAND FINALE
BEACON Film Festival
Pacific Grove, California
2024
WINNER
Best Director
Alex Carig
Wolf Media Festival
Melbourne, Florida
2025
Official Selection
ART IS ALIVE
Film Festival
New York
2024
WINNER
Best Cinematography
Sherwin Lau
Wolf Media Festival
Melbourne, Florida
2025
CREATIVE MEDIA INSTITUTE PRODUCTIONS IN ASSOCIATION WITH WAVELENGTH PICTURES
PRESENTS "A LONG ROAD TO TAO"
KC DEANE JASON BERNARDO WITH MOLLY REID HUMBERTO CASTRO NORMAN PATRICK BROWN GREG FACIO MIKE CLANCY AND HILDA LUZ CHAVEZ
MUSIC BY LARRY GROUPÉ EDITED BY RICK LECOMPTE PRODUCTION DESIGNER ALEXANDER ANTHOLZNER DIRECTOR OF PHOTOGRAPHY SHERWIN LAU
EXECUTIVE PRODUCER JULIE ALLEN ASSOCIATE PRODUCERS SHERWIN LAU JASON BERNARDO AMY LANASA
PRODUCED BY MICHAEL ALLEN CASTING BY JENNIFER SCHWALENBERG, CSA SOUND DESIGN BY TOM DISHER
SCREENPLAY BY MICHAEL ALLEN AND ALEX CARIG DIRECTED BY ALEX CARIG
WEDNESDAY, NOVERMBER 18TH
PLUMMER PARK - 5-8:30 PM
Book signing starting at 5pm
Screening starting at 6pm.
Scan QR for tickets or check monthly email for information.
City of West Hollywood
California 1984

BEING ALIVE!

ACUPUNCTURE

WEDNESDAYS 10AM - 2PM

with Acupuncturist Dr Lana, DAOM, LAc
Interns Earl, Hunter and Mark

Masking optional but encouraged .
By appointment only.



323-874-4322

BEING ALIVE!



CHIROPRACTIC CARE

MONDAYS

10:30 AM - 4:00 PM

BY APPOINTMENT ONLY

323-874-4322

FRIDAY NIGHT LITE

A WEEKLY SUPPORT GROUP FOR PEOPLE LIVING WITH HIV

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.

Every Friday 7:00 - 9:00 PM

Email Richard for the Zoom link

richardfnlt@gmail.com



The Queen Bees

A SUPPORT GROUP FOR WOMEN

TUESDAYS 6 - 7:30 PM ON ZOOM



OPEN TO ALL WHO EXPRESS OR IDENTIFY AS WOMAN OR FEMALE

EMAIL BECKY@BEINGALIVELA.ORG FOR MORE INFORMATION

EVERY WEDNESDAY 7:00 - 9:00PM

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.

IN PERSON EVERY

4TH WEDNESDAY

OF EACH MONTH

FOR ZOOM LINK EMAIL

BECKY@BEINGALIVELA.ORG



THE WISE ONES

BEING ALIVE!

Email msimek@beingalivela.org
or call 323-874-4322
Appointments available
Tuesdays and Thursdays

CASE MANAGEMENT

with Michelle Simek

NAVIGATING YOUR HEALTH, EMPOWERING YOUR LIFE.

With over 20 years of experience, Michelle is here to help with:

- Treatment education
- Medication adherence
- Referrals to HIV physicians
- Support for newly diagnosed clients
- Food insecurity
- Referrals to housing assistance programs

And much more!

¡Se Habla Español!

BEING ALIVE!

POTTERY STUDIO





7976 SANTA MONICA BLVD
BEHIND HARM REDUCTION CENTER
SATURDAY - MONDAY
12 - 4 P
Faciltated by Jim & Noah
Closed during inclement weather



Benito lived a life that touched the hearts of many. He was deeply cared for and cherished by family, friends, and all those fortunate enough to know him. He will be deeply missed by all.

Benito Aguirre Sanchez

03/21/1935 - 10/01/2026



LISTENING SESSION ON
HIV AND AGING

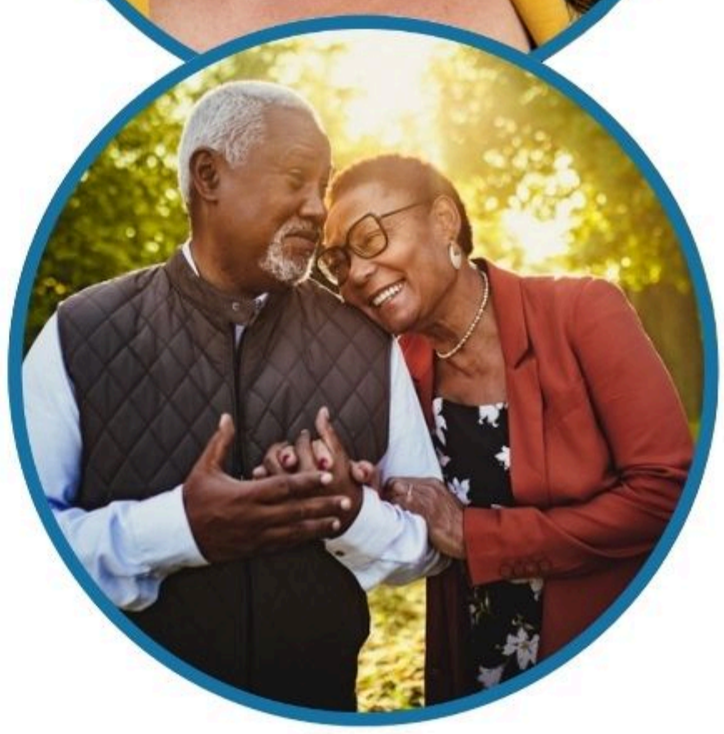
JOIN US!

Engage in an interactive listening session to provide insights and feedback to CDPH to better understand the needs of people aging with HIV to strengthen HIV prevention and care efforts statewide.

Register! First 40 people are guaranteed a spot and $50.







WHO IS INVITED?

ARE YOU APERSONLIVING

WITH HIV?

ARE YOU OVER 55 YEARS OLD?

MORE DETAILS

Date: Thursday November 5th
Time: 3:00pm - 4:30pm
Location: **Plummer Park**
7377 Santa Monica Blvd
Rooms 5-6
West Hollywood CA 90046

FACENTE CONSULTING
UNDERSTAND • IMPLEMENT • TELL YOUR STORY

CDPH
California Department of Public Health

REGISTER! ANY QUESTIONS?
SAVANNAH@FACENTECONSULTING.COM

THE LUNDQUIST INSTITUTE

La División de Investigación en VIH en el Instituto Lundquist en elCentroMédico Harbor-UCLA les invita a:

DIA MUNDIAL del SIDA

Habrá actividades y obsequios tales como:

- **Un prendedor de listón rojo**
- **Bolsa de Regalos**
- **Juegos**
- **Comida/Bebidas**
- **Rifas**

INFORMACION CONEXIONES CONMEMORACION INVESTIGACION

Fecha: Martes, 1 de Diciembre, 2026
Lugar: Auditorio MRL
Hora: 11:30am-2:30pm
Se proveera almuerzo

Llegando al edificio MRL: Se encuentra al suroeste del campus de Harbor-UCLA. Si viene en coche, entre por la calle Meyler desde la calle 220. Puede estacionarse en el estacionamiento P2. El MRL está al oeste del estacionamiento. Habrá señales fuera de la estructura para guiarle hacia el MRL.



Edificio MRL del Instituto Lundquist

The Lundquist Institute
1124 W. Carson Street
Torrance, CA 90502

Para información, llamar o enviar un texto al:
(323) 457-1476

Visite Nuestra Página:
www.harborid.org/mundo

THE LUNDQUIST INSTITUTE

The Division of HIV Research at The Lundquist Institute at Harbor-UCLA Medical Center invites you to:

WORLD AIDS DAY

- **FREE Red Ribbon Lapel Pin**
- **Goodie Bag**
- **Games**
- **Lunch Provided**
- **Raffles**

INFORMATION NETWORKING REMEMBRANCE RESEARCH

Tuesday, December 1st
Lundquist MRL Auditorium
11:30am-2:30pm
Lunch provided

Arriving at the MRL Building: It is located southwest of the Harbor-UCLA campus. If you are driving, enter via Meyler Street from 220th Street. You can park in Parking P2. The MRL building is west of the parking lot.

Therewill be signs outside the building to guide you to the MRL.



Lundquist MRL Building

The Lundquist Institute
1124 W. Carson Street
Torrance, CA 90502

For more information, call

or text at: (323) 457-1476

Visit Our Website: www.harborid.org/world


FREE PILATES
FOR BEING ALIVE CLIENTS!
ALL LEVELS WELCOME
NO EXPERIENCE NECESSARY
NOVEMBER 12TH
3:00 - 4:00 PM
AT
BREAKTHROUGH PILATES
7494 Santa Monica Blvd., #202
West Hollywood, CA
SCAN TO REGISTER
BEING ALIVE! CLIENTS ALSO RECEIVE
10% OFF ADDITIONAL SESSIONS
Use code BEINGALIVE10
BREAKTHROUGH Pilates
Small-group classical Pilates
Maximum 5 clients per class

Giving Thanks

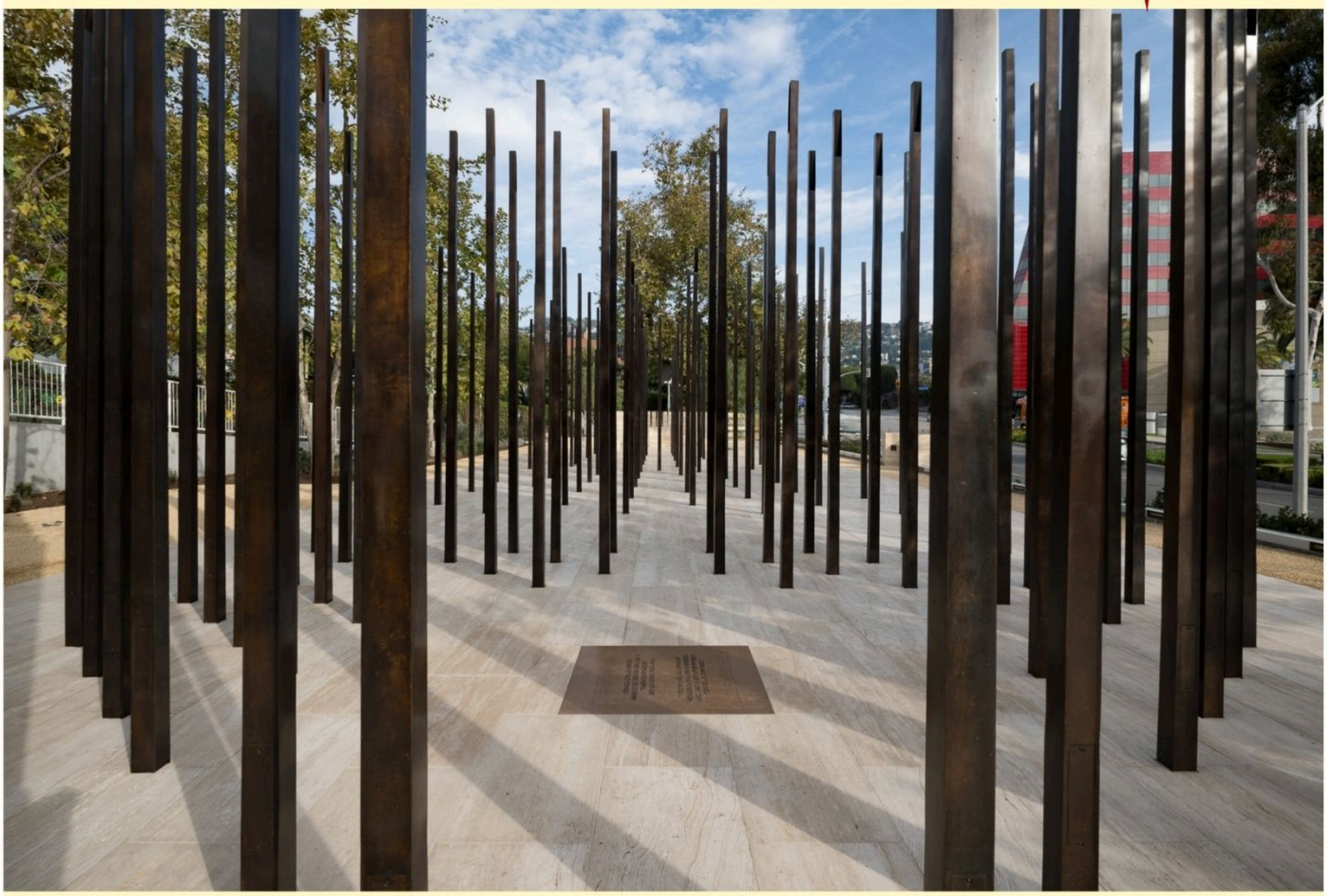
The Being Alive staff would like to give thanks to all our clients, community partners and friends. Getting the chance to share a smile with you, and see you thrive brings joy to our day. Thank you for all your support.



NOLP will be giving out free turkeys and pie on the week of November 17 to all HIV positive Los Angeles residents. Call 213.201.1433 for more information or visit their website at aplahealth.org/services/nolp-food-pantries-and-nutrition/

LA City Council District 13 is conducting a turkey giveaway on a first-come first-serve basis on November 20 at the Dream Center - 2301 Bellevue Ave, Los Angeles, CA 90026.

World AIDS Day



Remembrance Ceremony
Tuesday, December 1, 2026 6-8pm
AIDS Memorial - 647 N San Vicente Blvd

one INSTITUTE

BEING ALIVE!

BEING ALIVE! 40!

Medical Update Dinner “Visceral Fat and HIV”

Thursday
November 12th

6–8 p.m.

Plummer Park’s Fiesta Hall

Event full - waitlist available @ 323-874-4322
Check in begins at 5:30 pm
Free parking on site



THERA technologies