



Holistic Services

November 2017



Holistic Services	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Mental Health 3-7pm	2 Gentle Flow Yoga 6-7:30Pm	3	4
Reiki Energy Healing Hernan Roman, 3rd Monday Massage Todd Jost LMT, every Tuesday Meditation Marilyn, Every Tuesday Hypnotherapy Silvia Todorov, 4th Tuesday Acupuncture Ana Lucia DOM, 3rd Wednesday David Grimes DOM, 2nd Wed. Reiki & Healing Circle Edgar De Velasco 3rd Wednesday Mental Health Natasha Hass Wednesdays Gentle Flow Yoga Willie Roman 1st and 3rd Thursday	5	6	7 Massage 12-1:30pm Meditation 6:30-7:30pm	8 Acupuncture 3-5Pm(New) Mental Health 3-7Pm(New)	9	10	11 Pet Project 10-12noon
	12	13	14 Massage 12-1:30pm Meditation 6:30-7:30pm	15 Acupuncture 1-2pm Mental Health 3-7Pm(New)	16 Gentle Flow Yoga 6-7:30Pm	17 Thanksgiving Dinner 6-9pm By R.S.V.P only	18
	19	20 Reiki 12-1:30Pm	21 Massage 12-1:30pm Meditation 6:30-7:30pm	22 Mental Health 3-7pm (New) Reiki 6-7:30Pm	23 Thanksgiving Day Center Closed	24 Center Closed	25
	26	27	29 Hypnotherapy 12-2pm Meditation 6:30-7:30pm	30			

Pridelines offers free Holistic Services to people living with HIV and other chronic conditions who are disabled, and to students and low-income individuals on a sliding fee scale. For more information or to schedule an appointment please email Eddie Orozco – eddie@pridelines.org

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