



May 2018 Holistic Services Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Massage Therapy 12-1:30pm Meditation 6-7 Pm	2 Mental Health Counseling 3-6Pm	3 Gentle Flow Yoga 6-7:30 pm	4	5
6	7	8 Massage Therapy 12-1:30pm Meditation 6-7 Pm	9 Mental Health Counseling 3-6:00 pm	10	11	12 Pet Project Distribution 10am -12pm
13 Mother's Day	14 Reiki Healing 12 pm - 1:30 pm Spanish Educational Lecture 6:30 Pm	15 Meditation 6-7 pm	16 Mental Health Counseling 3 pm - 6:00 pm	17 Gentle Flow Yoga 6-7:30pm	18	19
20	21	22 Meditation 6-7pm	23 Acupuncture 12-1:30 pm Mental Health Counseling 3-6:00 pm Mini Reiki Session 6-7:30 pm	24	25	26 Save the date Sat. June 23rd 10 A.M-3 P.M. Pozconnect Reunion/ Registration. mini Sessions of: Yoga, Guided Meditation, Massage, & more
27	28 Memorial day Center closed	29 Massage Therapy 12 pm - 1:30 pm Meditation 6-7Pm	30	31		

Pridelines offers free Holistic Services to people living with HIV or other chronic conditions who are disabled, and to students & low-income individuals on a sliding fee scale

For Holistic Service Info or to make an appointment, Contact:
Eddie@Pridelines.org
(305) 571-9601 Ext: 105 | www.pridelines.org



May 2018 Holistic Services Calendar



Weekly Schedule of Support Groups & Services	Service	HIV+ / disabled	Student / low income	Full Rate	
<p style="text-align: center;"><u>Monday</u></p> <p style="text-align: center;">Spanish Group 6-7:30Pm. Monday) 12 pm - 1:30 pm Reiki (2nd Monday)</p> <p style="text-align: center;"><u>Tuesday</u></p> <p style="text-align: center;">Massage Therapy: 12 pm -1:30 pm Spanish Speakers Support Group 1 - 3pm Mediation: 6 pm - 7 pm Gay & Bi Men's Roundtable: 7 pm - 8:30 pm</p> <p style="text-align: center;"><u>Wednesday</u></p> <p style="text-align: center;">Women's Support Group: 12:30 pm - 2 pm (2nd and 4th Wednesday) Acupuncture: 12 pm - 1:30 pm 4th Wed. Mental Health Counseling: 3 pm - 6pm Mini Reiki Sessions: 6 pm - 7:30 pm (3rd Wednesday)</p> <p style="text-align: center;"><u>Thursday</u></p> <p style="text-align: center;">Gentle Flow Yoga: 6 pm - 7:30 pm (1st and 3rd Thursday)</p> <p style="text-align: center;">Pridelines Miami Beach 1130 Washington Ave. Miami Beach, Fl. 33139 Free HIV/STI M-F. 12:30-7:30 Pm</p>	Massage Therapy	Free	\$30	\$65	
	Acupuncture	Free	\$35	\$75	
	Community Acupuncture	Free	\$25	\$50	
	Reiki Energy Healing	Free	\$20	\$65	
	Yoga	Free	\$10	\$25	
	Stress Reduction Meditation	Free	\$5	\$15	
	Healing Circle	Free	\$5	\$15	
	Mental Health Counseling	Free	\$15	\$30	
	<p>Health screenings — HIV, Chlamydia and Gonorrhea testing are regularly available! To make an appointment please call 305-571-9601</p>	<p style="text-align: center;"><u>PozConnect Holistic Services:</u> Free massage, reiki, acupuncture, stress reduction mediation, yoga and, healing circles for people living with HIV.</p>			
		<p style="text-align: center;"><u>PozConnect Educational Lectures:</u> Lunch or Dinner lectures for HIV+ people and their caretakers. Learn how to optimize your HIV care, about the latest meds and, standards of care</p>			
<p style="text-align: center;"><u>PozConnect Socials:</u> Free admission to the ballet, symphony orchestra, plays, Gay Men's Chorus, Marlins games and, more!</p>					
<p style="text-align: center;">For Holistic Service Info or to make an appointment, Contact: Eddie@Pridelines.org (305) 571-9601 Ext: 105 www.pridelines.org Get updates on Twitter, Facebook & Instagram!</p>					