



June 2018 Holistic Services Calendar



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------|--|---|--|---|--------|---|
| | | | | | 1 | 2 |
| 3 Cancer Survivors Day | 4 Energy Healing 6-8Pm(New) | 5 Meditation 6-7 Pm | 6 Mental Health Counseling 3-6:00 pm | 7 Mental Health Counseling 4-6 Pm Gentle Flow Yoga 6-7:30 pm | 8 | 9 Family Health & Fitness Day Pet Project Distribution 10am -12pm |
| 10 | 11 Reiki Healing 12 pm - 1:30 pm Spanish Educational Lecture 6:30 Pm | 12 Massage 12-1;20P Meditation 6-7Pm Spanish Educational Lecture 1Pm | 13 Mental Health Counseling 3 pm - 6:00 pm Educational Lecture 6:30 Pm | 14 Mental Health Counseling 4-6Pm | 15 | 16 |
| 17 Father's Day | 18 | 19 Meditation 6 -7pm | 20 Acupuncture 12-1:30 pm Mental Health Counseling 3-6:00 pm Mini Reiki Session 6-7:30 pm | 21 Mental Health Counseling 4-6Pm Gentle Flow Yoga 6-7:30 pm | 22 | 23 Pozconnect Reunion/ Registration. mini Sessions of: Yoga, Guided Meditation, Massage, & more 10:00 AM-3Pm. |
| 24 | 25 Energy Healing 6-8PM (New) | 26 Massage Therapy 12 pm - 1:30 pm Meditation 6-7Pm | 27 Mental Health Counseling 3-6Pm | 28 Mental Health Counseling 4-6Pm | 29 | 30 |

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



June 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> | | | | |