



# June 2018 Holistic Services Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 <b>Cancer Survivors Day</b>	4 Energy Healing 6-8Pm( <b>New</b> )	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 <b>Family Health &amp; Fitness Day</b> 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 <b>Father's Day</b>	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  <b>Pozconnect Reunion/Registration.</b> <b>mini Sessions of:</b> <b>Yoga, Guided Meditation, Massage, &amp; more</b> <b>10:00 AM-3Pm.</b>
24	25  <b>Energy Healing 6-8PM (New)</b>	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 &amp; 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;"><b>Pridelines Miami Beach</b> 1130 Washington Ave. Miami Beach, Fl. 33139 <b>Free HIV/STI M-F. 12:30-7:30 Pm</b></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><b>Health screenings</b> — 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;"><b>For Holistic Service Info or to make an appointment, Contact:</b> Eddie@Pridelines.org (305) 571-9601 Ext: 105   www.pridelines.org Get updates on Twitter, Facebook &amp; Instagram!</p>				