



Holistic Services and Support Groups

October 2018



Summary of Monthly Support Groups & Holistic Services (see calendar on reverse side for specific dates)

Monday

3rd Monday: 12 - 1:30 pm- Reiki*

Monday evenings: 6 -8 pm—Alternating Reiki* or Guided Meditation

Tuesday

Weekly: Massage Therapy*- 12 -1:30 pm

Weekly: Spanish Speakers Support Group (PLWH only)- 1 - 3pm

3rd Tuesday: Meditation- 6 - 7 pm

Weekly: Gay & Bi Men's Roundtable (PLWH only): 7 pm - 8:30 pm

Wednesday

Weekly: Mental Health Counseling*- 3- 6pm

3rd Wednesday: 12-2pm Acupuncture

Acupuncture – 5-8 pm

Thursday

1st/3rd Thursday: Gentle Flow Yoga- 6 -7:30 pm

3rd Thursday: Massage Therapy*- 12-3 pm

1st/3rd Thursday: Massage Therapy 3-6 pm

Service	PLWH / disabled	Student / low income	Full Rate
Massage Therapy	Free	\$30	\$65
Reiki Energy Healing	Free	\$20	\$65
Yoga	Free	\$10	\$25
Acupuncture	Free	\$35	\$70
Stress Reduction Meditation	Free	\$5	\$15
Healing Circle	Free	\$5	\$15
Mental Health Counseling	Free	\$15	\$30

Holistic Advocacy for Leadership and Opportunities (H.A.L.O.) For People Living with HIV (PLWH)

For more information or to make an appointment, contact:

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Get updates on Twitter, Facebook & Instagram!@Pridelines

6360 NE 4th Court. Miami, FL 33138

Holistic Services:

Massage, reiki, stress reduction, meditation, yoga, mental health

Educational Lectures:

Lunch or dinner lectures for PLWH and their caregivers. Learn how to optimize your HIV care and about the latest care and treatment

Socials:

Free admission to the ballet, symphony orchestra, plays, Gay Men's Chorus, Marlins games and, more!

Pet Project:

Limited quantities of donated pet food for distribution



October Holistic Services Calendar



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>October 2018 Holistic Services Calendar</p> <p>Reiki (Energy Healing) Guided meditation with Andrea Falcon 1st and 3rd Mondays</p> <p>Massage with Todd Jost, LMT Tuesdays</p> <p>Meditation with Anuar 3rd Tuesdays</p> <p>Mental Health Counseling With Natasha Hass Wednesdays/Thursdays Acupuncture Alberto Lopez D.O.M Ari Nunez D.O.M</p> <p>Gentle Flow Yoga With Willie Roman 1st and 3rd Thursdays</p> <p>Massage with Amonise Creed, LMT 3rd Thursday</p> <p>Massage with Oscar Trujillo, LMT 3rd and 4th Thursdays(New)</p>		1 Guided meditation 6:30-7:30pm	2 Massage 12-1:30pm	3 Mental Health 3-6 pm Acupuncture 5-8Pm	4 Mental Health 3-5pm Gentle Flow Yoga 6-7:30Pm	5	6
	7 Massage with Todd Jost, LMT Tuesdays	8 Reiki 6-8pm	9 Massage 12-1:30pm	10 Mental Health 3-6 pm	11 Mental Health 3-5pm	12	13 Pet Project 10-12noon
	14 Mental Health Counseling With Natasha Hass Wednesdays/Thursdays Acupuncture Alberto Lopez D.O.M Ari Nunez D.O.M	15 Guided meditation 6:30-7:30pm	16 Massage 12-1:30pm Guided meditation 6-7pm	17 Mental Health 3-6 pm	18 Mental Health 3-5 pm Gentle Flow Yoga 6-7:30 pm Massage (Oscar) 12-2 pm	19	20
	21 Gentle Flow Yoga With Willie Roman 1st and 3rd Thursdays	22 Reiki 6-8pm	23 Massage 12-1:30pm Guided Meditation 6-7 pm	24 Acupuncture 12-2pm Mental Health 3-6 pm Acupuncture 5-8Pm	25 Mental Health 3-5 pm Massage (Amonise) 12-3 pm Massage (Oscar) 12-2 pm	26	27
	28 Massage with Oscar Trujillo, LMT 3rd and 4th Thursdays(New)	29	30 Massage 12-1:30 pm	31 Mental Health 3-6 pm Acupuncture 5-8 pm			