



# Holistic Services and Support Groups

December 2018



## Holistic Advocacy for Leadership and Opportunities (H.A.L.O.)

H.A.L.O. offers the following free services for people living with HIV (PLWH). For more information or to make an appointment, please contact **Eddie Orozco** at [eddie@pridelines.org](mailto:eddie@pridelines.org), or 305-571-9601 x105. Proof of HIV diagnosis is required.

### Holistic Services:

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

### Educational Lectures:

Lunch or dinner lectures for PLWH and their caregivers. Learn how to live healthy with HIV, about the latest treatments, and enjoy a meal and good company

### 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

### **Pridelines**

6360 NE 4<sup>th</sup> Court. Miami, FL 33138

305-571-9601

[www.pridelines.org](http://www.pridelines.org)

@Pridelines

Get updates on Twitter, Facebook & Instagram!

## H.A.L.O. Monthly Support Groups & Holistic Services (see calendar on reverse side for specific dates)

### Monday

**3<sup>rd</sup> 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 - 1 - 3pm

**3<sup>rd</sup> Tuesday:** Meditation- 6 - 7 pm

**Weekly:** Gay & Bi Men's Roundtable- 7 pm - 8:30 pm

### Wednesday

**Weekly:** Mental Health Counseling\*- 3- 6pm

**1<sup>st</sup> /3<sup>rd</sup> Wednesday:** Acupuncture- 5-8 pm

**3<sup>rd</sup> Wednesday:** Acupuncture\*-12-2pm

### Thursday

**1<sup>st</sup>/3<sup>rd</sup> Thursday:** Gentle Flow Yoga- 6 -7:30 pm

**3<sup>rd</sup> Thursday:** Massage Therapy\*- 12-3 pm

\*Call for appointment



# December Holistic Services Calendar

	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<p><b>December 2018 Holistic Services Calendar</b></p> <p><i>Reiki (Energy Healing) Guided meditation Andrea Falcon 1<sup>st</sup> and 3<sup>rd</sup> Mondays</i></p> <p><i>Massage Todd Jost, LMT Tuesdays</i></p> <p><i>Meditation with Anuar 3<sup>rd</sup> Tuesdays</i></p> <p><i>Mental Health Counseling Natasha Hass Wednesdays</i></p> <p><i>Acupuncture Alberto Lopez D.O.M Ari Nunez D.O.M Wednesdays/Thursdays</i></p> <p><i>Gentle Flow Yoga Willie Roman 1<sup>st</sup> and 3<sup>rd</sup> Thursdays</i></p> <p><i>Massage with Amonise Creed, LMT Last Thursday</i></p>							1
	2	3 <b>Reiki</b> 6:30-7:30 pm	4 <b>Massage</b> 12-1:30pm	5 <b>Mental Health</b> 3-6 pm	6 <b>Gentle Flow Yoga</b> 6-7:30 pm	7	8 <b>Pet Project</b> 10-12noon
	9	10 <b>Guided meditation</b> 6:30-7:30 pm	11 <b>Massage</b> 12-1:30pm	12 <b>Acupuncture</b> 12-2pm <b>Mental Health</b> 2-6 pm	13	14	15 HALO <b>Women's Mini-retreat</b> 11 am-4 pm
	16	17 <b>Reiki</b> 6:30-7:30 pm	18 <b>Guided Meditation</b> 6-7 pm	19 <b>Mental health</b> 2-6 pm <b>Acupuncture</b> 5-8pm	20 <b>Gentle Flow Yoga</b> 6-7:30 pm	21	22 HALO <b>Holiday Dance</b> 6-10 pm
	23 <b>30</b>	24 31	25 <b>Center Closed</b>	26 <b>Mental Health</b> 2-6 pm	27 <b>Massage</b> (Amonisee) 12-3 P	28	29