



Holistic Services and Support Groups

July 2019



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, 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 4th Court. Miami, FL 33138

305-571-9601

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

Monday evenings: 6 -8 pm— Reiki* 1st and 3rd

Tuesday

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

Weekly: Spanish Speakers Support Group - 1 - 3pm

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

Wednesday

Weekly: Mental Health Counseling*- 3- 6pm

Thursday

1st&3rd Thursday: T-Body Yoga (Out)

Friday

Massage Therapy* 2:30-4:30 pm

***Call for appointment**

(For new clients an intake is needed)



June Holistic Services Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>July 2019 <i>Holistic Services Calendar</i></p> <p>Reiki (Energy Healing) Andrea Falcon 1st and 3rdMonday</p> <p>Massage Todd Jost, LMT Tuesdays(Out)</p> <p>Mental Health Counseling Natasha Hass Jennifer Casanij Wednesdays</p> <p>T-Body Yoga Willie Roman (Out) 2nd and 4thThursdays</p> <p>Massage Oscar Trujillo LMT Friday 2:30-4:30 pm</p>		1 Reiki 6-8 pm	2	3 Mental Health 3-6 pm 7-8 pm	4 Center Closed	5	6
	7	8	9	10 Mental Health 3-6 pm 7-8 pm	11	12 Massage 2:30-4:30pm	13 Pet Project 10-12noon
	14	15 Reiki 6-8 pm	16	17 Mental Health 3-6 pm 7-8 pm	18	19 Massage 3-5 pm	20
	21	22	23	24 Mental health 3-6 pm 7-8 pm	25	26 Massage 3-5 pm	27
	28	29	30	31 Mental Health 3-6 pm 7-8 pm			