

POZabilities Event Calendar

March 2019

POZ Life Weekend Seminar in San Diego

Saturday and Sunday, April 6 and 7

A **Free** Healing, Informative, and Transformational Workshop for People Living with **HIV** or **AIDS** and their **Loved Ones**

KEY NOTE SPEAKERS



John Sevec
MD, MPH



Michelle Simek
Ph.D.



Dr. Ronald Matsuyasu
MD

April brings a great line up of Amazing Presenters and Topics

Drug Treatment Options, U+U, Disclosure, Relationships, HIV & Cancer, Sex and Intimacy, Sound

Bath, HIV and the Law, Disability and Medical Rights. Art Therapy Support Groups and so much more.

TO REGISTER call 888-208-8081 or
online at LifeGroupLA.org/register
snacks, beverages and lunch provided

POZCOFFEE



Wednesdays and Saturdays
10:0 am
Lestat's Coffe House
1041 University Ave

Suggested \$2.00 donation.

Spend time with other HIV+ folks. meet new friends, catch up with old, find out what's happening, or just hangout.

ZOO WALK



Every Friday, 9:00 am
San Diego Zoo

Enjoy a 2 hour walk through the San Diego Zoo. A relaxed way to meet other positive people and their friends. Zoo pass required.

BUILDING ON A POSITIVE LIFE



Every Thursday - 6:00 to 8:00 pm
Mercy Gardens, 540 Lewis St.

An ongoing education/social support group for HIV+ men. Learn to be positive about being HIV+. Be empowered, share and grow with other men who can relate to your journey.

Contact Frank Jones 619-288-4493 or Gatorbear@gmail.com

ANZA BORREGO WILDFLOWER ROADTRIP



Wednesday, March 20

8:15 am Carpooling from Lestats, 1041 University Ave

RSVP and information 619-241-8538

Enjoy a day in the desert starting at the Anza Borrego Visitors Center, lunching at Pablitos and exploring the desert for blooms

POZ MEN'S MOVIE NIGHT AND POTLUCK



Tuesday, March 12 - 6:00 pm

RSVP by March 10
For location call 619-241-8538

The movie is **BOHEMIAN RHAPSODY**. The story of the legendary rock band Queen and lead singer Freddie

Mercury, leading up to their famous performance at Live Aid

POZABILITIES BONFIRE & POTLUCK



Tuesday, March 26 - 6:30 pm
Vacation Island
Directions below.

No RSVP Needed

Bring a dish to share, some clean wood for the fire (no nails, screws paint or laminates please), and a camp chair. **DIRECTIONS.** Take I-8 West to West Mission Bay Drive exit, turn right onto West Mission Bay Drive and merge into the left lane. West Mission Bay Dive becomes Ingraham. Turn left on Vacation Rd, then take 1st immediate right turn



EAT. DRINK. MINGLE. GIVE.

John Keasler, 70, and Jerry Turner, 75
celebrate their birthdays
with a fundraiser for POZabilities.

Saturday, March 30, 2:00 to 5:00pm
4200 Texas Street

COMPLIMENTARY FOOD AND DRINK

Suggested donation \$20, \$25 door
Honorary host \$100
Honorary Co-host \$50

TICKETS

www.pozabilities.org/birthday

