

POZabilities Event Calendar

it's LIVING with HIV THAT COUNTS! APRIL 2019

JOIN US AT OUR MOST POPULAR EVENT!

POZCOFFEE



Every Wednesday and Saturday
10:00 am
Lestat's Coffe House
1041 Univesity Ave

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

ZOO WALK



SAN DIEGO ZOO

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.

POZ Life Weekend Seminar

Saturday & Sunday
April 6 & 7

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

KEY NOTE SPEAKERS



John Savoc
MD, PhD



Michelle Smek
Patient Helpline
Specialist



Dr. Ronald Hattisogusu
MD

An amazing line up
of Presenters and
Topics

Drug tratment op-
tions, U=U, Disclosure,
Intimacy, Relationships,
HIV and cancer, Sound
therapy, HIV and the
law, Art therapy,
Support groups and
more.

TO REGISTER

call 888-208-8081 or
online at

LifeGroupLA.org/register
snacks, beverages
and lunch provided

PACIFIC SOUTHWEST RAILWAY MUSEUM AND TRAIN RIDE Saturday, April 27th



9:45 am: Leave Filter Coffeehouse

11:00 am: Arrive at Major's Diner, 28870 Old Hwy 80, Pine Valley, CA 91962

12:30 pm: Leave Major's Diner

12:45 pm Arrive at Railway Museum, 750 Depot Street Campo, California

1:15 pm: Board Train

RSVP and pay by noon, Wednesday, April 24th.

Cost: \$15.00 non-refundable train fare. Lunch \$10 - \$15.

Explore the Pacific Southwest Railway Museum and ride aboard the Golden State. Join us for lunch at Major's Diner, or picnic on the museum grounds, followed by a pleasant 60 to 90-minute ride roundtrip journey into the history of railroading in the Pacific Southwest.

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

POZ Men's Movie Night and Potluck

Tuesday, April 9- 6:00 to 9:30 pm



RSVP by April 8

Call 619-241-8538 for location

Bring some food to share and enjoy **Kentucky Fried Movie**, a madcap spoof, a collection of comedy skits

includes the Kung-Fu parody, "A Fistful Of Yen" and "Catholic School Girls In Trouble."

POZABILITIES BONFIRE & POTLUCK

Tuesday, April 30- 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.

POZabilities

Envisioning an HIV + community

where social support is strong
where isolation, HIV prejudice, and discrimination
are eliminated and
where HIV+ individuals live healthy and fulfilling lives