


March 2014

The Los Angeles Bi Task Force presents:

Bisexual* Health Awareness Month- 31 Days of Bi Wellness!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Make a promise to yourself to improve your bi wellness every day this month!
2 Get the 411: check out our Facebook page for the latest bi news: www.facebook.com/groups/LABTF	3 Know thyself: Fill out a new Klein Sexual Orientation Grid at: www.drmmihoang.com/resources.html	4 Have you had a medical check-up lately? Schedule your annual physical.	5 Need bi pamphlets? Download from the Bi Resource Ctr: www.biresource.net	6 For bi youth, check out the LGBTQ Youth Pgm @ The LB Center, 3-7pm weekdays: www.centerlb.org	7 Sing your heart out at amBi's karaoke mixer at 8pm: www.meetup.com/amBiLA	8 Watch a bi movie! Get ideas at: www.bimagazine.org
9 Get pumped for the 3/14 BI DAY OF ACTION at the Pre-Party today!	10 Need support? Check out Bi-osphere @ the LA Gay & Lesbian Ctr, 2nd/4th Mon at 8pm.	11 Get educated: Hear Dr. Mimi Hoang's "Beyond the Binary" talk @ CSUN at 7pm.	12 Work on nutrition by eating healthy foods, cooking more, and dining out less.	13 Get your thoughts out by keeping a daily journal.	14  BI DAY OF ACTION!!!	15 Sexually active? Stock up on condoms and get tested for HIV/STDs.
16 Catch up on all your bi videos at: www.youtube.com/user/fencesitterfilms	17  St. Patrick's Day - Kiss a bisexual!	18 Love shouldn't hurt: If you're in an abusive relationship, get help!	19 Get artsy: Check out Craftnight @ bi-friendly Akbar, Wed at 9pm: crafthead.com	20 Trouble getting in shape? Start with a brief 20-min walk or run.	21 Get a little culture: Watch the "Spring Awakening" musical with amBi: www.meetup.com/amBiLA	22 Show your pride: buy some bi pride gear at the BiNet USA Store: www.binetusa.org
23 Wind down at amBi's Spa event at 3pm: www.meetup.com/amBiLA	24 Laughter is the best medicine: get bi comic book "Anything That Loves," featuring Tara Avery's "Gooch"!	25 Find support at Westside Bi Chat @ Unitarian Universalist Church, 4th Tue at 8pm: www.uusm.org	26 Struggling with depression or anxiety? Schedule an appt with a therapist.	27 Think you might have a drinking problem? Join a local AA group.	28 Hang out at Fri Night Drop-In @ The South Bay Ctr, Fri at 7pm: www.southbaycenter.org	29 Don't forget body-esteem: wear clothes that make you look & feel good!
30 Curl up with a good bi book listed at: www.biwriters.org	31 Reward yourself for boosting your bi wellness this month! 					 LOS ANGELES BI TASK FORCE <i>Educate. Cultivate. Elevate.</i> E: labitaskforce@yahoo.com P: 323-860-5837 W: www.labtbf.org