



AMPLIFYING LGBTQ+ VOICES SINCE 1978

Q MAGAS

JANUARY 1-7, 2025

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REDEFINES WELLNESS**



Whether you're a local or tourist, we always feature our favorite spots along with all the new and exciting things our city has to offer.

Fitness in 2025 combines wearable technology, AI-driven personalization, virtual and augmented reality workouts, sustainable practices, and mental health integration. Innovations in smart home gyms, inclusive fitness, and recovery tools redefine wellness, creating engaging, holistic, and accessible experiences for all.

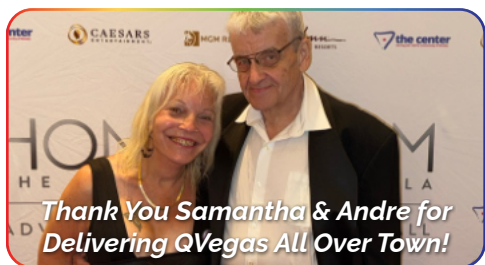
***RuPaul's Drag Race* Season 17 premieres January 3rd with 14 queens, \$200,000 prize, revamped challenges, and behind-the-scenes drama!**

Creating Change 2025 announces plenaries and workshops with a focus on leadership, democracy, safety, and intersectionality, empowering LGBTQ+ communities through advocacy, resilience, and collective action.

Welcome to 2025!



Russ White & Garrett Pattiani
Publishers, QVegas & QLife Media



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TAURUS

JANUARY 2025

Alright, my dazzling Tauruses, let's get into it and spill the celestial tea for January 2025, honey! The universe is sending you all the good vibes, making this month a glittering runway for your dreams. You've got charm and charisma in abundance, so strut your stuff! Love is giving you a cheeky wink, turning flirts into something more. And honey, your pockets? They're about to get as full as your fabulous lashes. But keep that diva attitude in check; a humble queen is a beloved queen. Use that sparkle wisely, and this month will be as fabulous as a high heel on a runway, darling!"



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LUXOR



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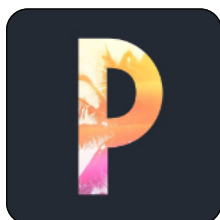
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caesars.com

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Horseshoe (formerly Bally's)
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These hotels have actively demonstrated support for the LGBTQ+ community but do not have a current HRC CEI of 100

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10PM: SALVAJE



FRIDAY | JAN 3

8PM: RUPAUL'S DRAG RACE S17
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11:45PM | 12:30AM | 1:20AM:
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12PM DOORS | 1PM SHOWTIME:
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11:30PM & 1AM: DRAG SHOWS



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JAY REID DECEMBER 5	JAY PHAROAH DECEMBER 6-7
TRIXX DECEMBER 11	MICHAEL YO DECEMBER 12

UP LATE WITH HEATHER PASTERNAK
DECEMBER 12

JESSIMAE PELUSO
DECEMBER 13-14

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JOHN CAPARULO 9:00 PM THURSDAYS	MICHAEL YO 8:30 PM WEDNESDAYS
FARRELL DILLON 4 PM THURSDAYS & TUESDAYS	SKILLZ HUDSON 11:00 PM FRIDAYS
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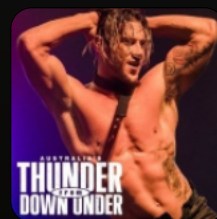
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**NATIONAL
LGBTQ
TASK FORCE**

Creating Change 2025

Workshops and Plenaries Spotlight

The Creating Change Conference, organized annually by the National LGBTQ Task Force, is a beacon for activists, community leaders, and allies striving for equality and inclusion. The 2025 edition of this renowned event is set to take place in Las Vegas from January 22–26, promising an array of thought-provoking workshops, impactful plenaries, and networking opportunities. Here's an in-depth look at the highlights of this year's offerings.

Workshops: Expanding Horizons and Building Capacity

Workshops at Creating Change are the backbone of the conference, offering participants a chance to deepen their knowledge, gain practical tools, and build community. This year's lineup reflects a commitment to addressing the most pressing issues facing the LGBTQ+ community while celebrating its diversity and resilience.

Intersectionality and Justice

Many workshops will explore the intersections of identity, addressing the unique challenges faced by LGBTQ+ individuals who also belong to other marginalized communities. For example, sessions on "QTBIPOC Healing Justice" and "Indigenous Two-Spirit and Transgender Narratives" will center historically excluded voices, offering strategies for self-care, advocacy, and collective liberation.

Policy Advocacy and Legislative Change

With over 500 anti-LGBTQ+ bills introduced across the United States in 2024 alone, workshops like "Navigating Policy Advocacy: A Post-Election Strategy" and "Building Sanctuary Cities for LGBTQ+ Liberation" will equip attendees with tools to counteract legislative attacks. These sessions emphasize coalition-building and grassroots mobilization to protect and expand rights at the local, state, and federal levels.

Youth Leadership and Education

The future of LGBTQ+ advocacy lies in empowering the next generation. Workshops such as "OutVote Fellowship Highlights" and "Supporting Trans and Nonbinary Youth in Schools" will focus on fostering leadership among young activists and providing educators with strategies to combat misinformation and create inclusive environments.

Health and Well-Being

A robust track of workshops will tackle LGBTQ+ health disparities, including sessions on mental health, access to care for trans and nonbinary individuals, and the intersections of food security and HIV prevention. Notably, the "PRIDE Study Findings" session will reveal groundbreaking research into LGBTQIA+ health and provide actionable insights for community leaders and healthcare providers.

Creative and Cultural Expression

Recognizing the power of storytelling and the arts in advocacy, Creating Change 2025 will feature workshops like "Bi+ Film Festival" and "Memory Activism". These sessions showcase how cinema, oral histories, and cultural narratives can amplify marginalized voices and inspire social change.

Plenaries: Charting the Path Forward

Plenary sessions at Creating Change bring together some of the most influential leaders and thinkers in the LGBTQ+ movement. These moments serve as a rallying cry, energizing participants and setting the tone for collective action.

Black Leadership Panel

Opening the conference is a powerful discussion on Black leadership within the LGBTQ+ movement. Featuring prominent voices such as Imani Rupert-Gordon of the National Center for Lesbian Rights and Dr. David J. Johns of the National Black Justice Coalition, this panel will explore strategies for dismantling systemic racism and building inclusive coalitions.

Democracy and Inclusion

Thursday's plenary, titled "Reclaiming Democracy: The LGBTQ+ Movement's Role in Defending Rights", will feature renowned activists like Imara Jones of TransLash Media and Kris Hayashi of the Task Force. This session will delve into strategies for safeguarding democracy amidst growing threats of voter suppression and anti-LGBTQ+ legislation.

State of the Movement Address

On Friday, Kierra Johnson, Executive Director of the National LGBTQ Task Force, will deliver the "State of the Movement Address". This annual highlight provides a comprehensive overview of the

movement's successes, challenges, and priorities for the year ahead, offering attendees a unifying vision for progress.

Safety and Security in a Hostile Climate

Saturday's plenary will focus on community resilience under the banner "We Got Us: Safety & Security in 2025". Leaders across reproductive justice, criminal justice reform, and youth advocacy, including Toni-Michelle Williams of SnapCo, will share insights into how to protect marginalized communities from escalating political and social violence.

Thematic Threads

A recurring theme throughout Creating Change 2025 is the integration of healing and activism. From workshops on trauma-informed leadership to panels addressing the colonization of joy and desire, this year's programming acknowledges the emotional toll of advocacy while offering tools for personal and collective restoration.

Another focus is the importance of intersectional allyship, as seen in sessions on coalition-building across movements and workshops like "Amplifying Latiné Voices in LGBTQ+ Advocacy". The conference aims to foster solidarity that transcends individual identities, emphasizing the shared struggle for justice.

A Call to Action

Creating Change 2025 is more than just a conference; it's a call to action for all who believe in a future where everyone can thrive. Whether attending workshops on grassroots organizing, engaging with plenary speakers charting the path forward, or networking with like-minded individuals, participants will leave equipped to make meaningful change in their communities.

As the LGBTQ+ movement faces unprecedented challenges, events like Creating Change remind us of the power of collective action and the necessity of hope. Las Vegas will undoubtedly serve as a fitting backdrop for this pivotal moment, a city known for reinvention and resilience.

For more information about workshops, plenaries, and registration, visit the official Creating Change website. Together, we can shape a future rooted in equality, inclusion, and love.



Future Fitness Unleashed

Cutting-Edge Tech Redefines Wellness

The fitness industry in 2025 is a dynamic landscape driven by innovation, inclusivity, and personalization. Advances in technology and evolving societal priorities have transformed fitness into a multifaceted experience that goes beyond physical exercise. As people seek holistic approaches to health, the trends shaping the future of wellness are redefining how individuals engage with their fitness goals.

One of the most significant developments is the continued rise of wearable technology. Devices such as the Apple Watch, Fitbit, and Garmin have become indispensable tools for tracking health and fitness metrics. In 2025, these wearables have evolved to provide even more comprehensive insights. Real-time monitoring of heart rate variability, blood oxygen levels, and stress metrics allows users to understand their bodies in unprecedented detail. With the integration of artificial intelligence, these devices now offer personalized recommendations, adapting workout routines, recovery plans, and even dietary suggestions based on user data. One groundbreaking addition is glucose monitoring, which helps individuals optimize their energy levels and performance during workouts. This level of precision enables people to make informed decisions about their fitness and overall health.

Virtual reality (VR) and augmented reality (AR) are also reshaping the fitness landscape. These immersive technologies have taken exercise routines to the next level by making them interactive and engaging. VR platforms like Supernatural and FitXR transport users to stunning virtual environments where they can box, dance, or meditate. AR overlays enhance real-world workouts, turning activities like

running or yoga into visually enriched experiences. In 2025, advancements in VR and AR have made these technologies more accessible, with lightweight headsets and improved connectivity. The result is a fitness experience that feels less like a chore and more like an adventure, encouraging people to stay active.

Personalization has become a cornerstone of fitness, thanks to the power of artificial intelligence. AI-driven platforms analyze user data from wearables and apps to create customized fitness plans tailored to individual needs. These systems consider biometric data, personal preferences, and even behavioral patterns to design routines that maximize effectiveness and maintain motivation. Predictive analytics now allows users to anticipate potential health challenges and adjust their regimens proactively. Fitness apps such as Noom and MyFitnessPal have embraced AI to provide real-time coaching and guidance, making personalized wellness accessible to everyone.

The popularity of smart home gyms continues to soar. Compact and AI-powered fitness equipment, such as Peloton bikes, Tonal systems, and Mirror workout screens, have revolutionized how people exercise at home. These devices offer on-demand classes, virtual personal training, and advanced progress tracking, creating a gym-quality experience in the comfort of one's living room. Manufacturers have prioritized space-saving designs, making it easier for users to incorporate fitness into small living spaces. Smart home gym systems also integrate seamlessly with wearables and apps, creating a cohesive ecosystem that tracks and optimizes workouts, nutrition, and recovery.

Hybrid fitness models are emerging as a dominant trend, blending the convenience

of virtual fitness with the community and engagement of in-person training. Gyms and studios now offer memberships that include access to digital platforms, enabling users to participate in workouts from anywhere. At the same time, members can attend in-person classes and events, fostering social connections and accountability. This approach has proven especially popular among boutique studios like Orangetheory and SoulCycle, which combine the best of both worlds to cater to a diverse audience.

Inclusivity has become a key focus in the fitness industry, with efforts to make wellness accessible to people of all ages, abilities, and backgrounds. Adaptive workout programs designed for individuals with disabilities or chronic conditions are becoming more widely available. Senior-friendly fitness offerings have also expanded, with classes and equipment tailored to older adults looking to maintain their health and mobility. Cultural diversity is another area of growth, as fitness routines inspired by traditions from around the world, such as Bollywood dance or African drumming, gain popularity.

Sustainability is shaping fitness practices as environmental consciousness becomes a priority. Eco-friendly gyms powered by renewable energy and equipped with energy-generating machines are gaining traction. Fitness apparel and equipment made from recycled materials are becoming the norm, reflecting a commitment to reducing the industry's environmental footprint. Outdoor activities, such as hiking, trail running, and eco-conscious yoga sessions, are also growing in popularity as people seek a deeper connection to nature while staying active.

Functional fitness, which focuses on improving movement patterns for everyday activities, remains a cornerstone of modern

exercise routines. In 2025, this trend is complemented by an increased emphasis on recovery. Percussive therapy devices like Theragun are widely used to relieve muscle soreness and improve circulation. Cryotherapy chambers have become more accessible, helping athletes and fitness enthusiasts reduce inflammation and accelerate recovery. Stretching studios dedicated to flexibility and mobility training are springing up in urban centers, highlighting the importance of balancing exertion with rest.

Gamification has added a fun and competitive element to fitness, making it more engaging for a broader audience. Apps and platforms that turn workouts into games are thriving. Virtual races, challenges, and leaderboards encourage users to push themselves while fostering a sense of community. Platforms like Zwift, which combines cycling and running with multiplayer gaming, continue to gain popularity. Even gaming consoles like Nintendo Switch have embraced fitness, with titles like 'Ring Fit Adventure' merging entertainment and exercise.

The integration of mental health into fitness routines has become a significant trend. The connection between physical activity and mental well-being is well-documented, and fitness programs now incorporate practices that nurture both the body and mind. Meditation and mindfulness apps, such as Calm and Headspace, include fitness elements to create holistic wellness experiences. Yoga and tai chi are increasingly popular for their stress-reducing and flexibility-enhancing benefits. Breathwork training has also emerged as a powerful tool for improving focus and resilience, both during workouts and in daily life.

Finally, biohacking and advanced health tracking are becoming more accessible as people seek to optimize their performance. Wearables equipped with sophisticated sensors can now measure hydration levels, stress hormones, and even gut health. Nutrigenomics, or personalized nutrition based on genetic data, is gaining traction as a way to enhance fitness outcomes. Apps that track supplements and recommend tailored plans based on individual health profiles are also on the rise, empowering users to take control of their wellness journey.

As we look ahead, the fitness trends of 2025 reflect a shift toward more innovative, inclusive, and sustainable approaches to health. The fusion of technology, personalization, and holistic wellness has created opportunities for people to engage with fitness in ways that are enjoyable, effective, and deeply rewarding. Whether through immersive VR experiences, AI-driven plans, or eco-friendly practices, the future of fitness is designed to empower individuals to achieve their health goals while embracing a more balanced and connected way of life.

The fitness technology landscape has experienced remarkable advancements, seamlessly integrating cutting-edge devices and applications into daily life. As we approach CES 2025 in Las Vegas, the industry is poised to unveil innovations that promise to redefine health and wellness experiences.

Apple Watch: A Decade of Evolution

Since its debut in 2015, the Apple Watch has transformed from a novel accessory into a comprehensive health and fitness companion. The latest iteration, the Apple Watch Series 10, exemplifies this evolution with several notable enhancements:

DESIGN AND DISPLAY

The Series 10 features a 10% thinner profile compared to its predecessor, the Series 9. Its display is approximately 30% larger than that of the Series 6, enhancing readability and user interaction.

HEALTH MONITORING

Building upon existing capabilities, the Series 10 introduces sleep apnea detection, utilizing advanced sensors to monitor sleep patterns and identify potential disruptions. This feature has garnered praise from health experts for its potential to raise awareness about sleep-related conditions.

FITNESS TRACKING

The new Training Load feature offers insights into workout intensity, assisting users in optimizing their fitness routines. Additionally, the Vitals app provides comprehensive health metrics, enabling informed decision-making regarding personal wellness.

ENVIRONMENTAL ADAPTABILITY

Designed for diverse activities, the Series 10 includes a depth gauge and water temperature sensor, catering to swimmers and water sports enthusiasts. The Tides app offers real-time data for surfers, enhancing safety and performance.

watchOS 11: Enhancing User Experience

Complementing the hardware, watchOS 11 introduces features that enhance user engagement:

VITALS APP

This application consolidates key health metrics, offering users a holistic view of their well-being.

TRAINING LOAD

By analyzing workout intensity over time, this feature aids users in achieving optimal fitness levels without overexertion.

CYCLE TRACKING ENHANCEMENTS

The update provides additional support for users who are pregnant, offering more personalized health insights.

Health and Fitness Applications: Empowering Personal Wellness

The ecosystem of health and fitness

applications continues to expand, offering personalized solutions for diverse user needs:

FITBIT CHARGE 6

Recognized as a comprehensive fitness tracker, it monitors workouts, heart rate, and GPS data, compatible with both Android and iOS devices.

GARMIN VÍVOACTIVE 5

Ideal for multi-sport tracking, this device offers extensive battery life and supports over 25 activity types, catering to a wide range of fitness enthusiasts.

WHOOP 4.0

Focusing on sleep and recovery, this wearable provides detailed analysis, assisting users in optimizing rest and performance.

Anticipated Announcements at CES 2025

CES 2025 is set to showcase groundbreaking innovations in fitness technology:

FOLDABLE FITNESS EQUIPMENT

KingSmith Fitness is expected to unveil its latest WalkingPad® treadmills and rowers, emphasizing space-efficient and smart workout solutions.

IMMERSIVE FITNESS EXPERIENCES

Advancements in virtual reality (VR) and augmented reality (AR) are anticipated to revolutionize exercise routines, offering immersive fitness demos that blend technology with physical activity.

SMART HOME INTEGRATION

The convergence of fitness technology with smart home ecosystems is expected to allow users to manage workouts, track data, and optimize health within a unified platform.

The Future of Fitness Technology

The trajectory of fitness technology indicates a future where devices are not only tools but integral partners in health management. The integration of AI, enhanced sensor capabilities, and seamless connectivity across platforms will continue to empower individuals to take proactive control of their wellness journeys.

As CES 2025 approaches, the anticipation for innovative solutions that bridge the gap between technology and personal health is palpable. The forthcoming announcements are poised to set new benchmarks in the fitness technology industry, offering users unprecedented opportunities to enhance their health and well-being.

RPDR Season 17 Returns!

RuPaul's Drag Race returns for Season 17 on Friday, January 3rd, with 14 new queens vying for the title of "America's Next Drag Superstar" and a \$200,000 cash prize. Premiering at 8:00 PM ET/PT on MTV, the 90-minute episodes kick off with a "Drag Queens Got Talent" challenge and the return of the revamped "Rate-A-Queen" scoring system. Following at 9:30 PM ET/PT, 'Untucked' offers behind-the-scenes drama as queens await their critiques. Fans can now "Meet the Queens" on YouTube to get a closer look at this dazzling cast. Get ready to sashay into 2025!



ACACIA FORGOT

A glitzy honky-tonk queen from Los Angeles, Acacia Forgot blends country charm with Hollywood glamour. Talented in music and sparkle, she's ready to dazzle the competition with her rhinestone-studded flair.



ARRIETTY

Seattle's futuristic elf queen, Arrietty, serves fantasy couture with a creative twist. A member of Irene Dubois's drag family, she sews her own ethereal looks and paints a fierce face.



JEWELS SPARKLES

Youthful and vibrant, Jewels Sparkles mixes Ariana Grande's pop chic with Priscilla Presley's vintage glam. This strategic queen's Cuban-Puerto Rican roots add cultural depth to her dazzling looks.



JOELLA

Representing plus-size queens, Joella fuses Chinese traditional elements with bold streetwear. Dubbed the Slaysian Diva, she's poised to bring cultural representation and fierce energy to the biggest stage in drag.



KORI KING

Boston's rising star, Kori King, mixes razor-sharp humor with TikTok charisma. A drag prodigy with wit and charm, this powerhouse is here to claim her crown in style.



LUCKY STARZZZ

Bright, bold, and unpredictable, Lucky Starzzz embodies campy club kid vibes with Cuban flair. Her inventive, colorful creations push boundaries and captivate with their cartoonish, eye-popping creativity.



LYDIA B KOLLINS

Inspired by Tim Burton and absurdist humor, Lydia B Kollins delivers quirky, creative drag. Her offbeat, spooky aesthetic stands out, ensuring she's a memorable addition to this season's cast.



ONYA NURVE

Cleveland's comedic queen, Onya Nurve, blends fine arts training with drag theatrics. A powerhouse performer and belting vocalist, she's here to paint the competition red with humor and talent.



CRYSTAL ENVY

CRYSTAL ENVY

This polished New Jersey pageant queen sparkles with every rhinestone-encrusted look. Crystal's commanding stage presence and dazzling makeup have quickly made her a standout performer on the drag scene.



HORMONA LISA

HORMONA LISA

Campy, bubbly, and Disney-inspired, Hormona Lisa is a Southern queen with vintage glamour. Personally invited by RuPaul, she's bringing her playful charm and comedic edge to the Drag Race stage.



LANA JA'RAE

LANA JA'RAE

Lana Ja'Rae embodies high fashion and fierce confidence, mentored by Luxx Noir London. Her striking looks, endless legs, and bold attitude make her a force to watch this season.



LEXI LOVE

LEXI LOVE

A survivor turned superstar, Lexi Love brings electrifying performances and resilience to Drag Race. This Louisville-based queen mixes personal triumph with unmatched energy and heartfelt storytelling.



SAM STAR

SAM STAR

Southern elegance meets athletic prowess in Sam Star. A polished pageant queen and former gymnast, she stuns with acrobatics, beauty, and an impressive legacy as Trinity The Tuck's protégé.



SUZIE TOOT

SUZIE TOOT

Suzie Toot's 1920s-inspired drag combines tap dancing, comedic charm, and vintage glam. This Fort Lauderdale queen's Betty Boop-meets-Lucille Ball aesthetic ensures she'll stand out with a smile and a twirl!

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Larry Edwards, lovingly known as Hot Chocolate, is a true Las Vegas treasure and a performer who has left an indelible mark on the world of entertainment. With over three decades of dazzling audiences, Larry's talent and charisma have cemented his place as one of the most beloved and iconic figures in the industry.

As "The Black Marilyn Monroe," Hot Chocolate has brought glamour, humor, and heart to stages across the globe. Whether channeling the fierce energy of Tina Turner or the timeless elegance of Diana Ross, Larry's performances are unforgettable, filled with authenticity and a touch of magic that only he can deliver. His work in legendary shows like "La Cage" and "Divas Las Vegas" has not only entertained millions but also inspired countless performers to follow in his trailblazing footsteps.

But beyond the rhinestones and the spotlight, Larry is a kind, generous, and warm-hearted soul who lights up every room he enters. He's a mentor, a friend, and a true pillar of the LGBTQ+ community.

Here's to you, Hot Chocolate – the life of every party and a beacon of joy for all who know you. May your birthday be as fabulous, sparkling, and unforgettable as you are. Cheers to many more years of love, laughter, and legendary performances! 🥂💖



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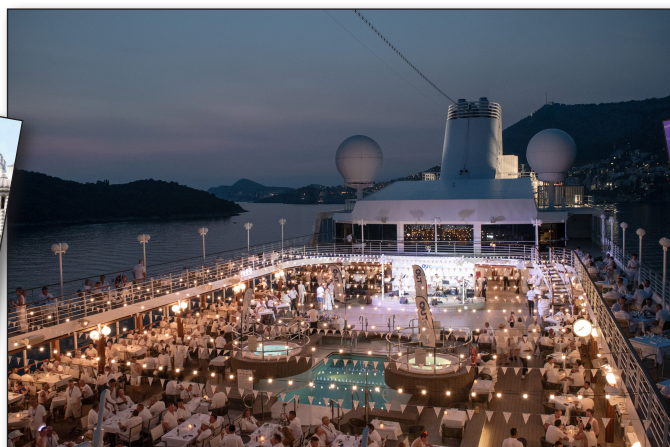


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COMMUNITY COUNSELING CENTER OF SOUTHERN NEVADA

cccfsn.org

HENDERSON PRIDE

hhendersonpride.org

HUMAN RIGHTS CAMPAIGN

hrc.org

IMPERIAL ROYALE SOVEREIGN COURT OF THE DESERT EMPIRE

desertempire.org

LAMBDA BUSINESS ASSOCIATION

lambdalv.com

LAS VEGAS MEN'S CHORUS

lvmenschorus.org

LAS VEGAS PRIME TIMERS

lasvegasprimetimers.com

LEATHER UNIFORM CLUB OF LAS VEGAS (LUC OF LV)

lucoflv.com

LEGACY COUNSELING

legacycounselingandworkforceconnections.com

MAMA DRAGONS

mamadragons.org

NEVADA GAY RODEO ASSOCIATION

ngra.com

THE PRIDE TREE

thepridetree.lv.com

SILVER STATE EQUALITY

silverstateequality.org

SOUTHERN NEVADA ASIAN PACIFIC ISLANDER QUEER SOCIETY

snapiqs.org

YOUNG: EQUAL

youngequal.org



HIV Resources

AID FOR AIDS OF NEVADA (AFAN)

afanlv.org

AIDS HEALTHCARE FOUNDATION (AHF)

aidshealth.org

FARABI WELLNESS CENTER

hplv.com

GOLDEN RAINBOW

goldenrainbow.org

HORIZON RIDGE WELLNESS CLINIC

hrc.lv.org

SIN SITY SISTERS OF PERPETUAL INDULGENCE

sinsitysisters.org



STI Testing

THE ARLENE COOPER COMMUNITY HEALTH CENTER

thecenterlv.org

AIDS HEALTHCARE FOUNDATION (AHF)

aidshealth.org

HUNTRIDGE FAMILY CLINIC

huntridgefamilyclinic.org

SOUTHERN NEVADA HEALTH DISTRICT

southernnevadahealthdistrict.org

UMC

umcsn.com

Email info@qvegas.com to add your organization to our directory.

COMMUNITY EVENTS

VOLUNTEER ENGAGEMENT MEETING

Let's get connected & strategize for an impactful 2025!

Join us to discover exciting, meaningful ways to engage with your community and make a real difference.

**JANUARY 5TH
3PM-5PM**

900 S 4th St
Las Vegas, NV 89101

RSVP to reserve your spot!
<https://mobilize.us/s/zU98E>

**Wishing You
a FABULOUS
2025**

the future
is brighter
thanks
to you

you deserve
a voice in
healthy aging
research

share your story
833-966-6974
rainbowsofaging.org

Q VEGAS BAR & NIGHTCLUB GUIDE

Download on the App Store

