






Therapeutic Yoga for Cancer Patients

 Please join us for a free therapeutic yoga group for cancer patients at all stages of treatment and survivorship.

 Experience the stress reducing, immune system boosting, and strength building benefits of yoga.

 Our instructor, has experience as a yoga instructor and will help tailor the moves to your needs.

Dates: Fridays (ongoing)

Time: 11:00am-12:00pm (*Parking is validated*)

Location: Providence Saint John's Health Center

2121 Santa Monica Blvd., Santa Monica, CA 90404

Please bring a yoga mat, comfortable clothes and water.

To register for this group or for more information, please contact:

Joseph Greenberg, LCSW at 310-829-8542

Caroline Sarafin, MSW at 310-829-8544

