






Therapeutic Yoga for Cancer Patients

 Please join us for a 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, Lauren Mones, has years of experience as a yoga instructor and will help tailor the moves to your needs.

Dates: Fridays (ongoing)

Time: 11:00am-12:00pm

Location: Providence Saint John's Health Center
2121 Santa Monica Blvd., Santa Monica, CA 90404

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

Caroline Sarafin, MSW at 310-829-8544

Joseph Greenberg, LCSW at 310-829-8542

