



THERAPEUTIC YOGA FOR CANCER PATIENTS

EVERY WEDNESDAY | 10 – 11 AM

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 compassionate yoga instructor, Lauren Mones, has many years of experience and will help tailor the moves to your needs

Location:

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

To register or for more information,
please contact:

Lauren Small, LCSW at 310-829-8544 or
Lind Roberts, LCSW at 310-829-8524

