

# Holistic Back Care

A Dignity Health Medical Group - Dominican Program

Do you spend too much time shuffling through life? Hobbled because of back pain prevents functioning at your best. Pain-killers only hide your symptoms and surgery should be a last resort. Luckily, there is another option.

## Holistic, Integrative Medicine

We created an approach to treating the most common problems related to the back. Delivered in a series of five, monthly group appointments, we work to improve spinal health and function with:

- mindfulness
- nutrition
- movement
- relaxation

Our science-based curriculum teaches, practices and reinforces each of these techniques, emphasizing their importance and power compared to surgery and medication.



## Pursue Your Personal Goals

You'll need your primary care provider (PCP) to refer you to this back program.\*

### Location:

**700 Fredrick Street, Suite 203  
Santa Cruz, CA 95062**

With a PCP referral, you'll be assigned to one of the following groups:

### Group 1 (English/Spanish)

Meets 10:00 a.m. - 12:00 p.m.

March 6 • April 3 • May 1 • June 5 • July 10

### Group 2 (English/Spanish)

Meets 10:00 a.m. - 12:00 p.m.

March 13 • April 20 • May 15 • June 19 • July 24

Bring a Yoga mat (if you have one), water, and be sure to wear comfortable clothing.

\*This will be billed as a Group appointment to your insurance.

**For more information, please call  
831.661.6020.**

**[dhmf.org/dominican](http://dhmf.org/dominican)**



**Dignity Health Medical Group  
Dominican**

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