

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:

**1595 Soquel Dr., Suite 140 (1st floor)
Santa Cruz, CA 95065**

(4 story building next to Dominican Hospital)

Dates:

May 14

June 11

July 9th

Aug 13th

September 10th

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

Group 1 (English/Spanish)

Meets 11:30 a.m. - 1:30 p.m.

Group 2 (English/Spanish)

Meets 1:30 p.m. - 3:30 p.m.

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



**Dignity Health Medical Group
Dominican**

A Service of Dignity Health Medical Foundation