Do you spend too much time shuffling through life? Hobbling 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