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:**
1820 41st Avenue, Suite D
Capitola, CA 95010
**Time:** 6 p.m. – 8 p.m.

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

**1ST GROUP**  **2ND GROUP**  **3RD GROUP**  
July 3  July 10  July 17  
Aug 7  Aug 14  Aug 21  
Sept 4  Sept 11  Sept 18  
Oct 2  Oct 9  Oct 16  
Nov 6  Nov 13  Nov 20  

(Spanish speaking)

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