

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:

**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 (Spanish speaking)
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

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**

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