

Adaptive Yoga

Especially for Patients and Families

These gentle yoga classes are for patients of all abilities and those with physical limitations. No experience is necessary.

Classes meet for one hour in the third floor east conference room.

Please obtain your physician's approval before starting this activity.

**Every
Thursday**

12 to 1 pm



**COMPREHENSIVE
CANCER CENTER**

DESERT REGIONAL MEDICAL CENTER

Fee: \$5 per class

Information and Registration:
(760) 416-4864