

Yoga For Health

September 8, 2013

A Fundraiser for the Boston Medical Center
Integrative Medicine Program



The mission of the Integrative Medicine Program is to substantially impact the quality of life for the urban underserved through providing access to integrative medicine clinical services, research and education.

Boston Medical Center is creating a visionary model of health care for disadvantaged populations, integrating free yoga, healthy food (they have a food pantry on site serving more than 7000 people per month), meditation, massage, and acupuncture with traditional medical care, and conducting clinical research to determine what works and measure the impact on patients' lives.



CLASSES BY DONATION

11:30 – 12:30
Chair Yoga

12:00 - 1:00
Blooming Lotuses I
Girls Ages 7 - 10

1:00 – 2:15
Free the Spine

1:30 - 2:30
Blooming Lotuses II
Girls Ages 11-13

2:30 – 3:45
Yoga for Stress
Reduction

4:00 – 4:30
Dr. Robert Saper – a
Vision for the Future of
Healthcare

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