



First Class Starts on  
Monday  
September 19th, 2011

# YOGA

## Destress and Relax

*Every First and Third Mondays*

*5:30pm to 6:30 pm promptly*

*2809B Main St*

*CMH Training Center, use parking lot entrance*

*Seating is limited to the first 25 CMH employees  
or HEALTHAware participants.*

*Please Call Evon Rubenstein at 805-652-5443 or  
e-mail: [erubenstein@cmhhospital.org](mailto:erubenstein@cmhhospital.org) to reserve your space or  
for more information.*

*\*\*You are required to bring your own yoga mat\*\**



**Community Memorial Health System**

*Where Excellence Begins with Caring*