



GENTLE YOGA

Destress and Relax

Every Monday of the Month

5:30pm to 6:30 pm promptly

2723 East Main St, WFC

CMHS Wellness & Fitness Center

Please Call WFC at 805 652 5064

e-mail: wellness@cmhshealth.org

Cost: Membership to Wellness & Fitness Center

You are required to bring your own yoga mat

Wellness & Fitness Center



Community Memorial Health System