Free on-site patient classes
UC Irvine Family Health Center – Santa Ana | 2nd Floor, Classroom A/B | 800 N. Main St. | Santa Ana, CA 92701

**Gentle Yoga**

1st and 3rd Thursday
5:30 to 6:30 p.m.

This class combines physical postures, breathing techniques, meditation and relaxation. Yoga may help with many conditions including pain, blood pressure, anxiety and depression. All levels of experience are welcome. Mats are provided. Please bring water if you’d like.

**Zumba™**

2nd and 4th Thursday
5:30 to 6:30 p.m.

This is an aerobic fitness class using Latin American-inspired dance movements and music. It is safe for most ages and fitness levels. Please bring water and comfortable shoes.

For information or to sign up, please call 657-282-6355.
Nosotros ofrecemos también clases en español.
Clinics
UC Irvine Family Health Center – Santa Ana | 1st Floor, Integrative Medicine Clinic | 800 N. Main St. | Santa Ana, CA 92701

Integrative Medicine Consultation
Tuesday afternoons by appointment

Integrative Medicine emphasizes the use of natural therapies such as nutrition, exercise and stress relaxation techniques with traditional medical treatments to improve health and wellbeing. During the consultation, the physician and resident team will work with you to review an individual wellness plan, after which a copy of the recommendations go to the referring primary care provider.

Healing Touch
1st and 3rd Friday mornings by appointment

Healing Touch uses gentle, light or near-body touch to influence the human energy system. Healing Touch is used in collaboration with other approaches to health and healing for reducing stress, decreasing pain, relieving anxiety and/or depression, minimizing insomnia, enhancing recovery from surgery and supporting cancer care. It can be used by everyone and there are no side effects.

Osteopathic Manipulative Treatment (OMT)
Friday afternoons by appointment.

This treatment uses a variety of gentle hands-on techniques that share similarities to chiropractic and massage therapy to diagnose and treat muscle and connective tissue pain and problems. The clinic is supervised by an osteopathic physician who has Neuromuscular and Sports Medicine training.

Please talk to your healthcare provider to decide if a referral is appropriate.
For more information, call 657-282-6355.