

Yoga Class for Women Veterans

Veterans must be referred by their Primary care team

- Refer to **WRIISC Yoga Wellness** for classes at Palo Alto & Menlo Park
- Refer to **Yoga Wellness Telehealth** for classes at the CBOCs

Local Veterans may attend yoga classes on a drop-in basis once we receive the referral or request an appointment through VA scheduling.

Telehealth students should contact Louise Mahoney to schedule their first appointment after being referred.

For more information contact the WRIISC Yoga Team at 650-493-5000 x62355

Louise Mahoney: 650-815-9463 (VA mobile)

Email: louise.mahoney2@va.gov



Drop-in Classes at the VA Palo Alto (PAD)

Day	Time	Class Type	Location
Tues	2-3pm	Women only Chair Yoga	PAD Bldg 5 Rm A431

Classes by Telehealth at the Community Based Outpatient Clinics (CBOC)

Tues	2-3pm	Women only Chair Yoga	Fremont (FRC), Modesto (MOC), Monterey (MONT), San Jose (SJC), Sonora (SOC), Stockton (STC)
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Updated 9/5/2017

