

## PROGRAM BULLETIN: Locations, Times & Places

If you are new to Team Survivor, please email [Info@TeamSurvivor-LA.org](mailto:Info@TeamSurvivor-LA.org) to register for all classes

### THE TEAM SURVIVOR / EIF YOGA PROGRAM FOR WOMEN LIVING WITH CANCER

#### The County Hospital Program

The Team Survivor County Hospital Yoga Program is an exercise program for women with cancer seeking treatment at Olive View-UCLA Medical Center in Sylmar. Team Survivor provides two bilingual (Spanish/English) gentle chair yoga classes each week in rooms next to the clinic where women wait for their treatment.

#### **Sylmar - Olive View—UCLA Medical Center**

- ◆ Wednesdays, 4:00 - 5:00 pm
- ◆ Wednesdays, 5:00 - 6:00 pm
- ◆ 14445 Olive View Dr., Special Treatment Clinic
- ◆ INSTRUCTORS: Mary & Ana

#### Community Yoga Classes

#### **Chatsworth (bilingual) - The Wellness Community Valley/Ventura Valley Satellite**

- ◆ Wednesdays, 6:30 - 7:30 pm
- ◆ 9410 Owensmouth Ave.
- ◆ INSTRUCTOR: Mary

#### **Los Angeles - YWCA -Greater Los Angeles**

- ◆ Thursdays, 6:00 - 7:30 pm
- ◆ 2501 W. Vernon Ave.
- ◆ INSTRUCTOR: Angela

#### **The Team Survivor/Breakthru Fitness Strength Training Program**

#### **Pasadena - Breakthru Fitness**

- ◆ Tuesdays, 7:00 - 8:00 pm
- ◆ 345 South Lake Ave., Suite #1280
- ◆ INTSTURCTOR: Exercise Specialist Mike Strickland, NASM CPT

Must have **Medical Release** and **Information Form** on file before attending Community Yoga Classes and Breakthru Strength Training. Forms are available at [www.teamsurvivor-la.org](http://www.teamsurvivor-la.org) or email [info@teamsurvivor-la.org](mailto:info@teamsurvivor-la.org) to be placed on the roster.