



# Greater Lawrence Family Health Center

One of the nation's largest FQHCs serving more than 70,000 patients, 80% percent of whom identify as Latino, 68% of whom are best served in a language other than English



2021

Utilizing their MA Bureau of Substance Addiction Services grant, GLFHC commissioned Mandela Yoga to adapt its intervention to meet the needs of recently-released, Spanish-speaking men of color at risk of fatal overdoses upon release from incarceration.



CEO Guy Fish MD welcomes launch  
(Click thumbnail to watch video)

2022

### Reentry Services Unit:

Piloted the Mandela Yoga intervention with patients for 13 months in Spanish - with treatment adherence of greater than 80%



### Integrative Health Unit:

Introduced the Mandela Yoga intervention in Spanish to patients in Prenatal and Metabolic Group Medical Visits with Suhani Bora, MD.



### Integrative Health Unit:

Piloted the Mandela yoga intervention with patients for 12 weeks in Spanish with good treatment adherence.

2023

In Spanish, trained two clinic staff and seven formerly incarcerated men of color to be Mandela Yoga Peer Facilitators.

**MANDELA YOGA PROJECT**  
Greater Lawrence Family Health Center

**CLASES DE YOGA PARA PERSONAS DE COLOR**  
Greater Lawrence Family Health Center

ENSEÑANZA ENTRE COMPAÑEROS  
DISEÑADO PARA COMUNIDADES DE COLOR  
ACCESIBLE PARA TODO LOS CUERPOS  
ENFOCADO AL TRAUMA  
GRATIS!

Horario: Miércoles a las 3:30 pm – 4:30 pm  
Dónde: South Site, 73 Winthrop Ave, Lawrence, MA

Regístrese Hoy!  
¿Quieres más información?  
Visite: [mandelayogaproject.com](http://mandelayogaproject.com)  
Lláme: \_\_\_\_\_

Keyona Aviles  
Profesora de competencias

Felipe Rosario  
Profesor de competencias

Mike Massey  
Profesor de competencias