



Cambridge Health Alliance



Both a Public Health Department & an Academic Safety-Net Health System and a Teaching Hospital of Harvard Medical School. CHA serves more than 140k low-income (Medicare/Medicaid) patients, 44% of whom speak a language other than English.

- **CHA, a health system with 14 community health centers in Boston’s metro-north region.**

At Windsor Care Center: Piloted the Mandela Yoga intervention with nurses of color in 2024.

At Malden Care Center: Created with Paula Gardiner, MD and piloted a 90-minute **Mandela Yoga Group Medical Visit**, during which patients practiced the intervention and received medical care.

In May 2022, MYP presented its intervention at a **Harvard Medical School Psychiatry conference.**

- **Cambridge Public Health Department – nationally-accredited and an RWJF Prize Winner.**

In 2025, will offer the Mandela Yoga intervention in their Community Health Improvement Plan.

*Do you have a chronic condition, stress or anxiety?
Come for care, community and connection.*

**Yoga for All Bodies
Medical Group Visit
For CHA Patients**

Tuesdays 1-2:30p | Nov 12 - Dec 17
Malden Care Center, Room A/B/C

**Please Contact: 781-873-9782
Or Register at QR Code:**

FOR PATIENTS W/ CHRONIC CONDITIONS (E.G., PAIN, HYPERTENSION, DIABETES)
OPEN TO ALL BODIES / MOBILITY TYPES

Keyona Aviles, LMHC
Mandela Yoga Facilitator

Dr. Paula Gardiner MD
Primary Care Doctor

“I felt a different world during the relaxing session. With my eyes closed, I felt like being in a garden, walking peacefully with my God.”

Nurse