

Telehealth

THE AIS CANCER CENTER AT SAN JOAQUIN COMMUNITY HOSPITAL

The telehealth program at The AIS Cancer Center at San Joaquin Community Hospital is a **FREE** amenity for cancer patients, family members, and caregivers to receive health-related services and information via telecommunications to enhance health care, public health, and health education. The AIS Cancer Center at San Joaquin Community Hospital and the Tehachapi Cancer Foundation are offering to deliver selected services right into the homes of Tehachapi residents and its surrounding communities through live telecasts. Must have internet access through an electronic device or smartphone.))

Current Services Available:

CANCER CAREGIVER SUPPORT GROUP

First Monday of Every Month

12:00 - 1:00 p.m.

As a professionally facilitated support group, our mission is to provide support and assistance through discussion and resources to those caring for a loved one diagnosed with cancer.

YOGA CLASS

Every Thursday

5:15 - 6:30 p.m.

No experience needed. MediYoga involves a gentle and therapeutic yoga performed in a slow and controlled manner on a chair or on the floor. The focus is to help rehabilitate those with health issues and integrate yoga into everyday life. The class is instructed by a certified MediYoga Teacher & Therapist.

If you would like to participate in any of these services or have any questions, please call 661-637-8326.

