



John Charles Steinmetz Memorial

In Town Immune Yoga Retreat

A Juan le
encantaba la Yoga

November 24th – 30th, 2025

To Register:

- Call Dr C's office to register, 619-795-1975
- drop off your checked choices to Dr C's staff
- check classes you want on flyer, take a pic and email to us directly:

info@josephcapernamd.com