



## Northwest Wayne County Chapter

### FREE YOGA FOR RECOVERY CLASSES

- *No experience needed*
- *Mat & water provided*
- *All levels welcome*

Science has established that YOGA can support recovery from substance use disorder by reducing stress hormones and increasing dopamine in the brain. Our yoga classes are specially tailored for people in recovery from substance use disorder and their families.



**GIVE YOURSELF THE GIFT OF A FREE YOGA CLASS TODAY!**

*Classes are limited to 20 people. No advanced registration is required.*

*Classes are held at*

**THE PC ALANO CLUB**  
**8669 N. Lilley Road, Canton**

**1<sup>ST</sup> & 4<sup>TH</sup> Sunday of Every Month**  
**12:00 PM – 1:00 PM**

For more information, contact: [nwwayne@faceaddictionnow.org](mailto:nwwayne@faceaddictionnow.org)