



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

1ST & 4TH Sunday of Every Month
12:00 PM – 1:00 PM

For more information, contact: nwwayne@faceaddictionnow.org