



Northwest Wayne County Chapter

FREE YOGA FOR RECOVERY CLASSES

*No experience necessary
Mat & water provided for in-person classes
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.

THE PC ALANO CLUB
8669 N. Lilley Road, Canton

Monthly Classes

1ST & 4TH Sunday, noon to 1:00 pm

2ND Friday, 4:30 – 5:30 pm

Virtual Option

**3RD Wednesday of every month,
7 to 8 pm, via Zoom**

Go to <https://www.zoom.com>, click "Meet", then "Join A Meeting". Enter Meeting ID Number: 925 2211 3242

For more information, contact: nwwayne@faceaddictionnow.org