



**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**

**1<sup>ST</sup> & 4<sup>TH</sup> Sunday, noon to 1:00 pm**

**2<sup>nd</sup> Friday, 4:30 – 5:30 pm**

### **Virtual Option**

**3<sup>rd</sup> 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](mailto:nwwayne@faceaddictionnow.org)