

# Y O G A

## *FOR RECOVERY*

Every Thursday at 7:00 pm

MAC Gym

31059 Harper Ave.

St. Clair Shores, MI 48082

- FREE CLASSES!
- MAT & WATER PROVIDED
- ALL LEVELS WELCOME
- NO EXPERIENCE NEEDED
- ALL ARE WELCOME!



**Families Against Narcotics**  
Helping individuals and families affected by substance use

PRE-REGISTER (SUGGESTED BUT NOT REQUIRED) AT [FAMILIESAGAINSTNARCOTICS.ORG/YOGA](https://familiesagainstnarcotics.org/yoga)