



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 offered in Canton and Wayne and are limited to 20 people.
No advanced registration is required.*

PC ALANO CLUB

1ST & 4TH SUNDAY OF EVERY MONTH

12:00 PM – 1:00 PM

8669 N. LILLEY ROAD, CANTON

HYPE ATHLETICS

2ND THURSDAY OF EVERY MONTH

5:30 PM – 6:30 PM

4635 HOWE ROAD, WAYNE

For more information, contact: nwwayne@familiesagainstnarcotics.org