



Yoga for Addiction Recovery

Thursdays

5:30 - 6:30 pm

Veterans Memorial Community Center
Off Winslow Street, Provincetown

~ FREE for Provincetown Residents ~
~ \$5 Suggested Donation for All Others ~

This class is not a substitute for professional help.

A program of the Provincetown Health Department
and the Provincetown Recreation Department



Yoga for Addiction Recovery

A class to explore
breath, movement, and stillness
as a means for supporting recovery from
addiction. Taught by Jen Kopec.

**Class will consist of basic yoga poses,
meditation, and discussion**

~ All are welcome ~
Those recovering from addiction and their loved ones

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