

**New
date/
time**

Yoga for Addiction Recovery

Tuesdays

6:45 - 7:45 pm

Veterans Memorial Community Center
Off Winslow Street, Provincetown

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.

~ 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