

FREE Recovery

YOGA CLASS

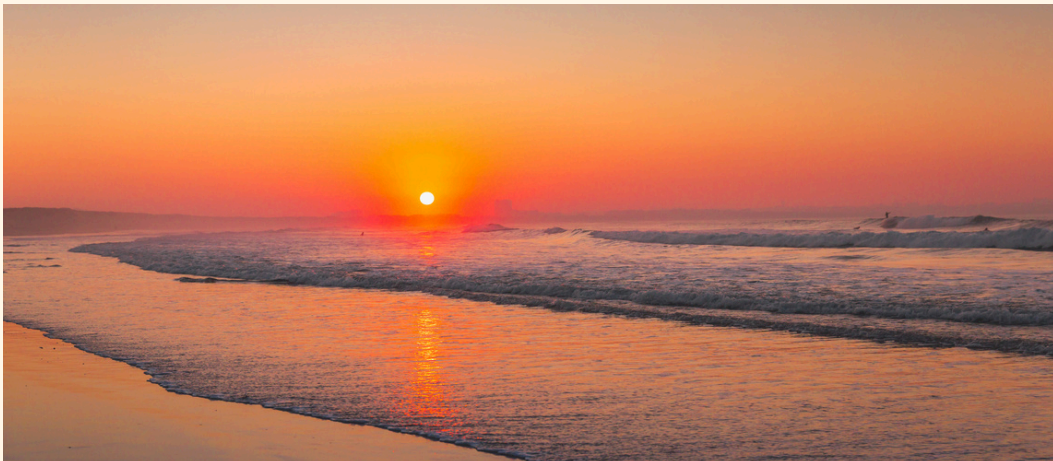
Explore breath, movement, and stillness as a means for supporting recovery from addiction of any kind

EVERY TUESDAY
4:00 PM - 5:00 PM

WELLFLEET
ADULT COMMUNITY CENTER

with Jen Kopec

Class will consist of basic yoga poses, mediation and discussion.
All are welcome - those recovering from addiction and their loved ones.
This class is not a substitute for professional help.



MATS PROVIDED. HANDICAPPED ACCESSIBLE.
NO REGISTRATION REQUIRED. DROP INS WELCOME.
QUESTIONS? CONTACT JEN AT (774) 538 -9021 JEN@JENKOPEC.COM



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through OC Wellness Collaborative

