



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RECOVERY N'MOTION

FREE CLASSES

Hosted by: **YMCA of Indiana County**
60 N. BEN FRANKLIN ROAD

The mission of Recovery N' Motion is to promote long-term recovery from substance use disorders through education, advocacy and recovery support services, resulting in healthier individuals, families, and communities. For more information please visit www.facebook.com/RecoveryNMotionIndiana.

Exercise Classes:

Mondays at 6:30 p.m. and Friday at 5:30 p.m.
Days and times are subject to change.
Stay connected with our Facebook page

Nutrition Classes:

Wednesdays at Noon
Located at the Indiana County Recovery Center
574 Philadelphia St. Suite 201, Indiana, PA

What:

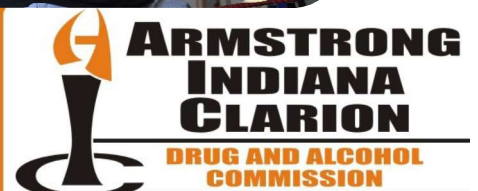
Free classes to learn how exercise and nutrition can promote long term recovery. Weekly Exercise classes include: Yoga, and Shadow Boxing for all fitness levels. Nutrition support offered by a certified dietician.

REGISTER AT THE Y.

**PLEASE BRING PHOTO ID AND SIGN
PARTICIPATION WAIVER AT FIRST VISIT.**

For more information contact:

**Sara Weaver at the YMCA at 724.463.9622 or
AICDAC Indiana Office 724.463.7860**



Maximizing Resources... Empowering Change