



**336.818.1909**

1907 West Park Drive  
N. Wilkesboro, NC



Facebook Live



Youtube Live



In Person @ R3



Meet at the West  
Park Greenway



In Person @ Wilkes  
Art Gallery

# Class Descriptions

## Walking for Wellness



**Wednesdays at 12:00pm**

Join us at the trailhead to the Greenway in West Park Medical Plaza! We have a 15-minute and a 30-minute High Intensity Interval Training sequence to work through thanks to our partnership with Yoga with George Ethan and The Hive Fitness Studio!

## Purses with a Purpose



**Varying Thursdays at the R3 Center**

Come visit Sarah to pick out a bag and stuff it with some personal care items, "happies," and more!

## YPR - Young People In Recovery - All-Recovery Meeting



**Every Wednesday 7:00pm-8:00pm**

Wilkes now has a YPR Chapter (Young People in Recovery)! Join us for this ALL-RECOVERY meeting Wednesdays at 7pm.

## Yoga For Wellness with George Ethan



**Classes are held at the flagpole in West Park every Saturday at 9:00am**

Yoga will be held at the flag pole in West Park Plaza every Saturday at 9AM. Classes are free but donations go directly to our instructor, George Ethan. All levels (beginner to advanced) are welcome - equipment provided!

## Born Again - Spiritual Recovery



**Every Friday from 7:00pm-9:00pm**

Join us as we welcome Brannon McManus to facilitate this spirituality-based recovery meeting.

## Just for Today Clay



**Temporarily Canceled**

A clay working class for peers in recovery. Contact Wilkes Art Gallery to register at 336-667-2841.

**JANUARY**

