

# RECOVERY MOVE

## FREE CLASSES

Recovery Move™ uses exercise to aid teens and adults facing abuse, addiction, anxiety, depression, eating disorders, grief, or loss.

Whether you're a decade into sobriety, starting your recovery journey, or supporting someone, The Recovery Move Program is a welcoming community. Our members and staff understand your struggles and are here to support you in overcoming substance use and disorders.

Join our community workout; the only membership cost is 48 hours of sobriety and a commitment to respect and understanding. All fitness levels welcome—come see what we're about

**STARTS SUNDAY JANUARY 21ST**  
**10:30AM**

