



**RECOVERY MOVE™**

Fitness. Strength. Community.

Recovery Move™ uses the benefits of exercise and facilitated recovery meetings to help teens and adults combat abuse, addiction, anxiety, depression, eating disorders, grief, or loss.

We create a positive community and facilitate growth in self-esteem, character, and accountability.

Recovery Move™ is committed to providing safe fitness, nutrition and health programs.



**Clint Zeidenberg**  
**Owner, Co-founder**

International CrossFit Games Coach and **internationally ranked CrossFit athlete** with

**30,000+ hours** on the floor. Clint created Recovery Move™ to help a loved one fight addiction. He is **Family Trauma Treatment Certified**.

## MEET THE TEAM



**Dr Hannah Jurewicz, PsyD.**  
**Co-founder**

**Doctor of Psychology and Licensed Professional Counselor** with **30 years** experience. Hannah provides

counseling in her private practice and is co-founder of Journey Home Recovery Living. She is **Family Trauma Treatment Certified**.



**Juri Henley-Cohn**

Harvard University graduate who majored in social anthropology. He works regularly in film, TV, and theater. Juri leads the meditation & mindfulness programs.



**Kristina Steller Lyons**  
**Licensed Clinical Social Worker (LCSW)**

Kristina has a successful private practice as a licensed clinical social worker. With over 15 years of expertise focused on guiding teens and young adults, she's thrilled to apply her knowledge in developing and leading programs at Guilford Athletic Center.

## PROGRAMS



### Workouts



Coaches guide participants through a group workout – personalized to their level and goals.

### Recovery meetings



Recovery meetings are run by experienced recovery facilitators or counselors. We help people develop the best possible skills and coping mechanisms for wellness. Visit our website for class times

### Meditation & mindfulness



We teach people to alleviate stress and anxiety with meditation to feel better. Mindfulness is a core value.

### Nutrition



Nutrition support is offered to help people fight cravings, feel healthy and achieve their goals.

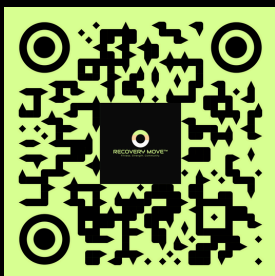
# DONATE

Support the Recovery Move™ scholarship fund to help people in our community combat abuse, addiction, depression, loss - or any of life's challenges.

Donations are tax deductible.

## WANT TO BECOME A SPONSOR?

The Average Joe is back and better than ever! We're excited to invite you to partner with us for our upcoming event on Saturday June 29th! Your sponsorship will go towards our Recovery Move program.



# RECOVERY MOVE 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. This program will be followed by a recovery meeting.

## THE SHORELINE'S FIRST EXERCISE & RECOVERY PROGRAM

# IT'S WORKING

*“This was a life changer for me.”*

“I have suffered for years ...drinking wine to cope and dull my feelings was getting worse and worse as time went by causing a lot of problems for me in many aspects of my life.

What is so exceptional about the Guilford Athletic Center is that four days a week there is a support group meeting directly after a great workout—right in the gym. It's a one-two punch for any issue. I feel connected, healthy, and so very hopeful. This program has turned my life around.”

“This isn't just a place to workout, it's a community. Coach Clint is amazing, opening their doors to every level of fitness from first timers to those experienced in CrossFit. Being transgender, I was really self-conscious working out with others, but the environment and coaches made me feel instantly comfortable. I'm proud to call the people here my friends.”

“This program has had a very positive impact on my teen, who struggles with depression and low confidence. Not only is my teen increasing their strength and health, but their mental health is currently stable. This community is supportive and has created a space they look forward to going each week to change their focus.”



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