



wellstrong.org

Amy Doherty, Founder and President

amy@wellstrong.org

Our Location – 6 Alphonse Street, Teaticket





Why fitness and mindfulness for recovery?

- Wellness is important for everyone, but for so many struggling with addiction it's an essential part of sustaining recovery - a lifelong process
- Substitution for drinking/using during early recovery.
- Creates a healthy lifestyle for long term recovery
- Offered with success during addiction treatment.
- Multiple paths to recovery.
- Studies show both exercise and meditation reduce rates of relapse





What We Currently Offer

- Open Gym Hours (with trainer for instruction)
- Refuge Recovery
- 12 Step Yoga (Y12SR)
- Yoga
- Movement Classes: Zumba, Pound
- Couch to 5K and other walk/run groups and race training
- Hiking
- Strength Training in small groups



A Sober Community – Not Just a Gym

- Mentorship by those in long-term recovery to those who are new
- WellStrong sponsored outings such as hiking, ski trips, kayaking, road races
- Supporting member training as yoga teachers, certified trainers, center staff
- Volunteer opportunities – ways to give back
- Wellness workshops: Nutrition, Relationship Building, Educational
- Refuge Recovery and other fellowship meetings



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Community Support

