



## Holistic Recovery Program

*12 Step Group*

***Registration Now Available***

*An Integrative Approach to Wellness*

*October 4<sup>th</sup>, 2017-December 19<sup>th</sup>, 2017*

*Wednesday Evenings*

*6:30PM-8:30PM*

*This twelve week program is designed for those in early recovery from substance use disorders, integrating 12 step work with a holistic wellness approach. Group members will have an opportunity to engage in holistic lifestyle improvement practices such as mindfulness, breathing techniques, meditation, nutrition, and yoga. Our structured program is abstinent based supporting long term recovery.*

*For registration & pricing information email*  
[mgonzalez@lynchwellnessprofessionalgroup.com](mailto:mgonzalez@lynchwellnessprofessionalgroup.com) or call 781-878-7111

*Meeting Location:*  
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