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# Women's Wellness & Recovery Program

## GEAUGA FAMILY YMCA



**12 Week Program**  
**Thursday, April 1 from 5:30–7:30pm**

Presented by the Geauga Family YMCA, Red Tulip Project of Geauga, and Life Recovery Ministries the **Women's Wellness & Recovery Program** combines a **Biblically-based 12 step program with nutrition and fitness**. Participants must be recovering from a chemical addiction with a minimum of 3 months sober or be struggling with other types of addiction and looking for a 12-step program.

### **If interested contact:**

**Kristy Mowry, M.A., LSW**  
Red Tulip Project Program Director  
(440) 488-2908

