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FOR HEALTHY LIVING  
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# Women's Wellness & Recovery Program GEAUGA FAMILY YMCA



**12 Week Program**  
**Thursday, September 3 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:**

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Red Tulip Project Program Director  
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