



# Recovery

is a lifelong process. Continued participation in self-help groups reduces relapses. At the Y, we believe a supportive community is an important part of wellness.

## Where We Fit

We know that healthy lifestyles are achieved through nurturing the mind, body and spirit. Well-being and fitness at the Y goes beyond just working out.

In addition to fitness facilities, we promote healthier decisions, and offer a variety of programs that support physical, intellectual and spiritual strength. Participants in the Y community experience:

- New Friendships & Referrals
- Spiritual Healing
- Improved Physical and Mental Health
- Ongoing Recovery Support

We believe there is another way for the Geauga County YMCA to support persons on their **recovery journey to sustain sobriety.**



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Wellness & Recovery Program

GEAUGA COUNTY YMCA

## W&R



# Wellness & Recovery Program

The Geauga County YMCA, in collaboration with Red Tulip Project have pulled together a unique team of staff and volunteers who have expertise and interest in recovery.

**Our Wellness & Recovery Program** combines a recovery topics meeting with nutrition and fitness.

Our program also offers opportunities for Personal Training and healthy snacks related to nutrition topics.

**Registration Required.**

**Call Kristy:  
440-488-2908**

## THE 12 STEPS

1. We admitted that we were powerless over our problems and that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our wills and our lives over to the care of God.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove these defects of character.
7. We humbly asked God to remove our shortcomings.
8. We made a list of all persons we had harmed and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory, and when we were wrong, promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of his will for us and the power to carry it out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.

## IF INTERESTED PLEASE CALL:

**Kristy Mowry M.A., LSW**

Red Tulip Project Program Director  
(440) 488-2908

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## PROGRAM STAFF:

**Lana Niebuhr**

Fitness Director-YMCA Staff

Red Tulip Support Staff

**Fridays, 11 am - 1 pm  
January 10 - February 28**

**COST:  
\$5/session**

**W&R**