



Natick's May 2018 Addiction Resource Center Yoga for Families of Addiction

May 21, 2018

6:30-8:30 PM

**Natick Community
Senior Center**

Rm. 218

**117 E. Central Street,
Natick**

Join other community members for this monthly workshop series on topics related to addiction and recovery. Treatment navigation and support services will be offered after each workshop.

*** 6:30-7:30 PM:** Yoga session facilitated by **Jenny Ravikumar, Yoga instructor and Founder of Yoga for Families of Addiction.**

Ms. Ravikumar uses yoga principles to assist families who are healing from substance use disorder. **NO EXPERIENCE OR YOGA MAT NECESSARY!** There will be no 'downward dogs' during this session. This is an opportunity to breathe together. Please dress comfortably.

7:30-8:30 PM: Treatment navigation, Recovery Coach information & other resources available, as well as naloxone (a.k.a. Narcan) training. Training and naloxone distribution provided by the Natick Health Department through grant funds from the MetroWest Health Foundation.

Questions? Contact Katie Sugarman, Prevention & Outreach Program Manager,
at 508-647-6623 or csugarman@natickma.org.