Y12SR combines the practical tools of the 12-step program with the ancient wisdom of yoga.

Combining the two creates a model that truly addresses addiction as the physical, mental & spiritual dis-ease that it is.

Y12SR is a 12-step based discussion and yoga practice open to anyone and everyone dealing with their own addictive behavior or affected by the addictive behavior of others. This is an open and inclusive group. All A’s are welcome.

Wear comfortable clothing.

Meetings are by donation.

when: Tuesdays

for more info: contact Cathy 724-626-1114

where: Highlands Hospital’s Wellness Center
      5:30 PM
      Uniontown YMCA  7:30 PM