



## 12 Step Yoga

*Friends of Bill W.*

Are you an MU student in recovery from a problem with alcohol, weed or other drugs; the addiction of a loved one; an eating disorder, or other compulsive behavior? Having a hard time connecting with others at MU in the same boat or looking to be more mindful and present?

MU is offering **FREE** 12 Step Yoga Sessions facilitated by Kim Stoltzfus.

When: Every Sunday Starting October 22nd

Time: 4:00-5:15 p.m.

Where: Group Fitness Room in the SMC

Please join us and feel free to pass this on to other recovering students.

Contact John Baltzer for more info at 717-871-7821 or

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