

Alpena County

Recovery Yoga

3:00- 4:00 PM, Sundays

Bella Rose Yoga Studio,

428 N. 2nd Avenue,

Alpena, MI, 49707

989. 464. 1883

<http://bellaroseyogastudio.com/>

Women for Sobriety

12:00- 1:00PM, Sundays

Sunrise Centre,

630 Walnut Street,

Alpena, MI, 49707

989. 356. 6649

<http://www.alpenasunrisecentre.org/>

LifeRing Secular Recovery

7:00- 8:00 PM, Thursdays

Sunrise Center (modular),

630 Walnut Street,

Alpena, MI, 49707

517. 242. 3755

989. 590. 7157

<http://www.alpenasunrisecentre.org/>