

Grand Traverse County

SMART Recovery

12:00- 1:00PM, Wednesdays & Thursdays

The Porch

1010 S. Garfield Road,

Traverse City, MI, 49686

231. 633. 3765

<https://www.smartrecovery.org/>

SMART Recovery

5:30- 7:00 PM, Tuesdays

The Porch

1010 S. Garfield Road,

Traverse City, MI, 49686

231. 633. 3765

<https://www.smartrecovery.org/>

Yoga for Recovery

10:00- 11:00 AM, Sundays

New Moon Yoga Studio

10781 East Cherry Bend Road

Traverse City, MI, 49684

231. 392. 5813

<http://www.newmoonyogastudio.com>