

For people in recovery, **Washtenaw FAN** in partnership
with **Orangetheory** is pleased to present

Exercise for Recovery

There is no cost for people in recovery to participate.

Exercise can impact the brain in many ways that are helpful to addiction treatment, such as reducing symptoms of stress, anxiety, and depression according to new research published by the University of Buffalo Research Institute. Routine Exercise:

- Increases heart rate
- Promotes breathing and circulation of oxygen through blood
- Decreases diabetes
- Helps prevent and decrease heart disease and arthritis
- And more!

Dr. Peter Thanos, a leading research scientist on the connection between exercise and addiction and recovery, told Medical Express in 2018, "***Aerobic exercise has been effective in preventing the start, increase and relapse of substance use in a number of categories, including alcohol, nicotine, stimulants and opioids.***"

To learn more or apply for inclusion in this exciting program from Washtenaw FAN and Orangetheory, please email us at washtenaw@familiesagainstnarcotics.org



Families Against Narcotics

Washtenaw FAN Family Forum meetings are held on the 2nd Monday of every month
To donate visit www.paypal.me/washtenawfan