



enlivenyogamccall.com

208-315-1023



RECOVERY MONTH 2023

RECOVERY IS FOR EVERYONE:
Every Person. Every Family. Every Community.



www.theroc.center

208-278-7977

VALLEY COUNTY RECOVERY AND WELLNESS GATHERING

SATURDAY, SEPT 30TH 3:00-7:15 PM
@ ENLIVEN YOGA STUDIO

409 S 3RD ST. UPSTAIRS
MCCALL, ID 83638



WIM HOF
BREATHING

3:15-3:45 PM

YOGA RECOVERY
MEETING

4:00-5:00 PM

SOUND BATH

5:30-7:00 PM

RAFFLE

7:00-7:15 PM

Come for Any or All of the above recovery activities and enter to win some great prizes donated from generous community support.