



STAYING ON THE BALANCE BEAM

STEP 10, 11, 12 OPEN TALK AND WORKSHOP FOR WOMEN

Sunday, March 22, 2026

1:00 pm - 5:00 pm EST

Free Admission

Lions Shelter @ Rochester Municipal Park -
400 Sixth Street
Rochester, MI 48307

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|----------------|----------------------------------|
| 1:00 - 2:00 pm | Open Talk - Step 10 & Workshop |
| 2:00 - 3:00 pm | Open Talk - Step 11 & Meditation |
| 3:00 - 4:00 pm | Open Talk - Step 12 - Service |
| 4:00 - 5:00 pm | Yin Yoga & Yoga Nidra |

Service Opportunities Available

For More Info and Register:

www.womenrecoveryworkshop.org

Vee: 248-320-2622 or Dana: 313-210-2731



Hosted by District 20 of Area 33