



YOGIS UNITE FOR RecoveryBUILD

**June 8th, from 10:30-2:00pm!
At Monomoy Regional High School:
75 Oak Street, Harwich, MA 02645**

**Doors OPEN at 10:30 am to shop in the Wellness
Vendor Marketplace! Class from 11:30-1:00.**

Community Gathering to follow!

Yogis from around Cape Cod are teaming up to raise funds and awareness for RecoveryBUILD, a program created by Behavioral Health Innovators, Inc. 501(c)(3), to support local teens struggling with substance use challenges. This program combines fun social activities with the support of a licensed counselor and peer recovery mentors.

On June 8th, there will be a yoga class taught by Stephanie Briody, Jill Abraham, Leigh Alberti, and Susannah van der Wende at the Monomoy Regional High School from 11:30-1:00pm. Bring your friends, create a team or set your own personal fundraising goals! Minimum donation is \$50/adult, \$10/ MS or HS student. All checks should be made payable to: Behavioral Health Innovators, Inc. (BHI, Inc.)

Don't forget to come early to shop the Wellness Vendor Marketplace for amazing merchandise and stay after class for the Community Gathering!

For more information on RecoveryBUILD, visit:
www.bhinnov.org or contact Stephanie Briody at: (609) 203-9520.
Please register for this event by signing up on the event page at
www.firstgiving.com/event/bhinnov/Yogis-Unite-for-Recovery-Build.