

Integrative Recovery Shared Medical Appointment

A new program for those suffering from alcohol and substance abuse.



An eight week program developed jointly by the Cleveland Clinic Wellness Institute and Alcohol and Drug Recovery Center.

This group meets on Wednesdays from 5 to 8:30 p.m.

Class size is limited to 12.

Topics and activities include:

- Nutrition and Inflammation
- Stress Management
- Sleep Improvement
- Fostering Meaningful Relationships
- Acupressure / Acupuncture
- Social Pressures of Being Sober
- Dental Care
- Non-Pharmacologic Treatment for Common Complaints
- Smoking Cessation Support
- Yoga

Open to adults with 3 months – 4 years of sobriety and active 12-step recovery program

All sessions are led by Cleveland Clinic Therapists, Physicians, Dentists, Yoga Instructors, and Acupuncturists.

Shared medical appointments are covered by most insurance plans. Participants are responsible for insurance copays for each appointment and for a one-time charge of \$25 for program materials. (Cleveland Clinic employees have no copay for the physician component of this program).

Classes are held at: Cleveland Clinic Lyndhurst Campus, 1950 Richmond Road, Lyndhurst, OH 44124

For more information, please call 216.448.8639. Visit clevelandclinic.org/wellness