

Custom Programs Created For Your Preference and Clinical Recommendations

SAMPLE SCHEDULE

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
8:00	Breakfast	Yoga or Personal Training	Yoga or Personal Training	Yoga or Personal Training	Yoga or Personal Training	Yoga or Personal Training	Yoga or Personal Training
:30							
9:00	Medical Evaluation	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
:30							
10:00	Psychological Evaluation	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness	Mindfulness
:30							
11:00							
:30							
12:00	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
:30							
1:00	Nutrition						
:30							
2:00	Family/Relationship Counseling	Family/Relationship Counseling	Family/Relationship Counseling	Family/Relationship Counseling	Family/Relationship Counseling	Family/Relationship Counseling	Family/Relationship Counseling
:30							
3:00							
:30	Addiction Counseling	Addiction Counseling	Addiction Counseling	Addiction Counseling	Addiction Counseling	Addiction Counseling	Addiction Counseling
4:00							
:30							
5:00	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
:30							
6:00							
:30							
7:00	Massage	Acupuncture	Massage	Acupuncture	Massage	Acupuncture	Massage

FOR ALL STAGES OF RECOVERY - LONG TIME AFTERCARE ON LOCATION AND REMOTELY