

# WHO WE ARE



**NORTH CENTRAL VERMONT  
RECOVERY CENTER IS A  
NON-PROFIT  
ORGANIZATION  
DEDICATED TO PROVIDING  
AN UPBEAT, WELCOMING,  
SAFE, AND SUBSTANCE-  
FREE ENVIRONMENT FOR  
INDIVIDUALS AND  
FAMILIES ON THEIR PATHS  
TO LASTING RECOVERY  
FROM SUBSTANCE USE  
DISORDER.**

**A GROUNDBREAKING AND  
HOLISTIC HEALTH AND  
WELLNESS PROGRAM FOR  
ALL PEOPLE IN RECOVERY,  
OFFERING A STATE-OF THE  
ART FITNESS FACILITY.**



**NCVRC AT JENNA'S HOUSE  
117 ST. JOHNS ROAD  
JOHNSON, VT  
802-730-8122**



## Health & Wellness Program



# WHAT WE OFFER

- WELLNESS PLANNING
- GYM ACCESS
- FITNESS CLASSES & WORKSHOPS
- NUTRITIONAL SERVICES
- OUTDOOR ADVENTURES
- COMMUNITY CONNECTIONS
- JUDGMENT-FREE SUPPORT



**WE'RE HERE FOR YOU!**

**DON'T GIVE UP HOPE,  
HELP IS AVAILABLE!  
STARTING THE PATH TO  
RECOVERY IS ONLY A  
VISIT, PHONE CALL OR  
EMAIL AWAY!**

**CONTACT US:**

**MORRISVILLE:  
802-851-8120**

**JOHNSON:  
802-730-8122**

**EMAIL:  
RECOVERY@NCVRC.COM**

**VISIT OUR WEBSITE FOR  
MORE INFO & TO VIEW OUR  
CALENDAR:  
[WWW.NCVRC.COM/HEALTH-  
WELLNESS](http://WWW.NCVRC.COM/HEALTH-WELLNESS)**

**OPEN GYM**

**@JENNA'S HOUSE**

**-FREE GYM ACCESS FOR  
PEOPLE IN RECOVERY**

**CHECK OUR CALENDAR &  
WEBSITE FOR CURRENT  
HOURS**

**GROUP FITNESS CLASSES**

**-ALL CLASSES ARE FREE  
& OPEN TO THE PUBLIC**

**-YOGA-REIKI-ACUPUNCTURE-  
& MORE!**

