

## DAY TO DAY SCHEDULE

**WAKE UP**

**MORNING MEDITATION**

**MEAL:** BREAKFAST

**INDIVIDUAL THERAPY SESSION**

**FITNESS:**

GYM - M, W & F

HIIT WORKOUTS - T & TH

**GROUP:** PROCESS

**MEAL:** LUNCH

**12 STEP EDUCATION**

**GROUP:** COMMUNITY

**FREE TIME**

**MEAL:** DINNER

**FREE TIME**

## 90 DAY PROGRAM SCHEDULE

**4 Individual Sessions** weekly

- Physician(s)
- Individual Therapist
- 12 Step Recovery Manager

**Equine Therapy**

**Meditation & Fitness Plan** daily

**Meals by Nutritionist** daily

**12 Step Completion**

**Comprehensive Aftercare Planning**

**Gender Specific Treatment**

**Family Program**

**Sober Coaching**

**Experiential Therapy**



**The Arbor**  
Behavioral Healthcare

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