

# Recovery Meetings - United States

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## Seattle - WA

- Type:** Mindful Recovery
- Venue:** Fremont Recovery Sangha - Center for Holistic Health and Fitness
- Suburb:** Fremont
- Days:** Tuesdays and Thursdays (weekly)
- Time:** 7:30 - 8:30pm
- Address:** 425 N 36th St, Fremont, Seattle, WA 98103
- Other info:** 20 minutes of mindfulness meditation followed by a short reading Of Buddhist teachings and dharma related to recovery. The meeting will then be open for group and peer share followed by a short closing meditation.
- Contact:** Jeremy - Email - [risingsunmindfulness@gmail.com](mailto:risingsunmindfulness@gmail.com)