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KAI CHI DO HEALING AND RECOVERY CLASSES AN INTEGRAL PART OF ADDICTION RECOVERY

Tampa, FL, October 25, 2016 -- A revolutionary recovery approach featuring Kai Chi Do classes with leading edge instructor Charles C. Robinson is being offered as part of treatment at Tampa-based Clean Recovery Centers.

A teacher, guide, life energy guru and creator of Kai Chi Do, Robinson is the Clinical Director of Clean Recovery Centers and a Licensed Mental Health Counselor. "The goal of these classes," he says, "is to provide people with a proven and effective self-care method for restoring a sense of emotional balance and wellbeing."

As an exercise for the mind, body and spirit, Kai Chi Do has proven highly effective to complement the treatment of substance abuse and mental disorders .

Jeff Gandelman, VP of Clean Recovery Centers, said, "We are excited about this opportunity to support Charles' unique method. The stigma of mental health can prevent people from seeking support. By using the body as the instrument for healing, Kai Chi Do helps overcome this resistance."

Before joining Clean Recovery Centers, Robinson spent 10 years helping people recover from alcohol abuse, addictions, anxiety and depression at a nationally accredited treatment program that incorporated Kai Chi Do. He also provided specialized treatment for stress and anxiety as a therapist for 15 years in Clearwater, Florida.

Clean Recovery Centers provide Intensive Outpatient, Outpatient Services and Transitional Living for the treatment of addiction. It is located at 13308 Winding Oak Court in Tampa; additional locations will be opening soon in Clearwater and Sarasota.
Kai Chi Do classes are open to the public and meet every Sunday from 10:00am - 11:30am at Anderson Park, Pavilion 9, off U.S. Highway 19 in North Tarpon Springs.

For information, contact 888-330-CLEAN (2532) or info@cleanrecovery-centers.com

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