

FOUNTAIN CENTERS

A Mayo Clinic Health System program for substance abuse and addiction

EXTENDED CARE PROGRAM

LEISURE AND RECREATIONAL ACTIVITIES

Learning how to enjoy life without chemicals is a key component to a successful recovery plan. Our certified therapeutic recreation specialist has developed a diverse and engaging recreation plan for Fountain Centers' patients. The Albert Lea community is fortunate to have access to beautiful natural and recreational resources. Local resources and activities include:

- Albert Lea Family Y
- Albert Lea Area Community Education Rock Gym
- Bowling
- Walking trails
- Fishing
- Canoeing and kayaking
- Rollerblading/Ice skating
- Swimming
- Myre-Big Island State Park
- Arts and crafts
- Health Reach, an outpatient physical medicine and rehabilitation facility
- Yoga
- Qi Gong
- Other meditative practices