



CAPTION:

You've tried.

Whether you struggle with an addiction, a mental health issue, a past trauma—or all of that—you've been coming at this problem of yours from every angle.

You've tried therapy.

You've tried treatment.

You've sworn each time you'd give it your all, you'd commit. But it hasn't worked. You've fallen back into old patterns. You feel the way you've felt for so long...broken.

Is it even possible to stop your suffering? To feel "normal" and comfortable in your own skin?

Could you ever feel like you don't want to run away, climb the walls, hide under the covers...or just...stop trying?

All Points North Lodge offers something unique, something precious: healing from every angle, recovery from the soul, out.

APN provides immersive group and private therapy with caring clinicians, luxury accommodations, and state-of-the-art therapeutic amenities. And it also provides something else...the regenerative strength of the **Rocky Mountains** 🏔️

Get out in nature. Ski, snowshoe, go for group hikes, ride mountain bikes, do outdoor yoga, swim. Try experiential therapy. There's time for you to be out in the woods, be on trails, be on the slopes...and, just...be.

More and more studies* have been done in recent years on the power that nature has upon our health. According to scientists, being out in nature just 120 minutes per week has the power to:



Lower levels of stress-causing cortisol, slow heart rates and reduce blood pressure;



Promote feelings of well-being and happiness;



Improve the body's ability to deal with anxiety and stress, and reduce anger and depression.

All Points North Lodge incorporates nature into its healing process, going well beyond the treatments you might have encountered before. Nature is powerful medicine. APN recognizes that and takes full advantage of its stunning and therapeutic location.

So, be out among the trees. Be in the fresh air. Be under the stars. Be rebuilt. Be reborn. Then stop trying...and start living.

*<https://www.apa.org/monitor/2020/04/nurtured-nature>,
<https://link.springer.com/article/10.1007/s12199-009-0086-9>,
<https://advances.sciencemag.org/content/5/7/eaax0903>