Addiction Treatment Center Takes Its Alumni on a Whale Watching Cruise Every Summer

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Lighthouse Treatment Center Incorporates Whale & Dolphin Watching Cruise in its 2019 Summer Activity Calendar

Anaheim, California - Having a close encounter with whales and dolphins is not something everyone experiences on a daily basis. These stunning sea creatures are so majestic that they will definitely take one?s breath away. Aside from the spectacular viewing pleasure it provides, going on a whale and dolphin cruise is also a chance for people to unwind and enjoy the beauty of nature.

This experience is what the Lighthouse Treatment Center, a drug and alcohol residential treatment facility in Anaheim, CA, wants to offer its alumni who are in recovery. As a part of its Alumni Program summer activity calendar, the Lighthouse is hosting a whale and dolphin cruise at the Newport Beach on July 6.

Jocel Bibera, alumni coordinator at the Lighthouse, said that the center organizes weekly fun activities for its participants during the summer season. She shared that the whale and dolphin cruise is a great addition to their activity calendar because not only is it enjoyable, but it also gives their alumni an opportunity to build

new wonderful memories with like-minded people.

?The water and the sea can be a calming environment for our alumni. To be able to enjoy the day, watching for whales and dolphins, is a great experience,? said Bibera.

Bibera also pointed out that there have been many scientific studies showing that being near the ocean provides healing and calming benefits to people. Thus, experiences like the Newport Beach cruise can greatly help people in recovery who are working towards long-term sobriety.

Newport Beach, located in Orange County, CA, is famous for being one of the finest whale watching sites in North America. During the months of May through November, the warmer waters give visitors the chance to witness blue whales, dolphins, finback whales, seals, killer whales, sharks, and many other marine creatures.

Nancy, intake coordinator at the Lighthouse said, ?The whale and dolphin cruise is a relaxing event that showcases the beauty of Orange County to our alumni. Many of our clients are not local to Southern California and this particular event is the perfect summer outing.?

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Lighthouse Treatment Center

Lighthouse Treatment Center is a complete-care drug and alcohol detox and addiction treatment facility in Orange County, California, and has helped over 20,000 people recover from alcoholism and substance abuse over 20 years of business.

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