

# Roller Skating To Recovery: Lighthouse Treatment Center Hosts Roller Skating Alumni Night

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**Anaheim, California** – The Lighthouse Treatment Center, a drug and alcohol recovery [facility](#) in Anaheim, California, is hosting a roller skating event on December 7, 2019, at the Holiday Skate Center.

According to Jocel Bibera, alumni relations coordinator of the Lighthouse, roller skating is an all-time favorite in their activity calendar. This is why it has always been a part of the Lighthouse Alumni Program as a way to [encourage active lifestyles](#).

“Roller skating is a childhood past-time that we love to revisit. It’s fun and it’s a great way to spend a cold December evening indoors. This year is more exciting as we have opened the event to our staff as well,” Bibera said.

Bibera added that the roller skating event allows the program’s alumni members to stay physically active while still enjoying their time. Roller skating is known to deliver numerous health benefits. It is good for heart health, builds muscle definition and can improve balance, coordination, and endurance.

Lighthouse alumni outreach representative, Michael Bumpus, said that aside from the physical benefits, the roller skating event supports the alumni on a social level as the activity boosts their self-confidence.

“[Roller skating](#) is a great community bonding experience. It helps us get out of our comfort zone, while still having fun,” said Bumpus.

Source: <http://www.pressadvantage.com/story/32959-roller-skating-to-recovery-lighthouse-treatment-center-hosts-roller-skating-alumni-night>