

Come to the

WELLNESS IN RECOVERY PROGRAM

with JENNIELYNN

8 Dimensions of Wellness



Thursdays

**9-20-2018 to
12-5-2018**

1:30-3pm

**(Program will not
meet on
Thanksgiving)**



Coulee Recovery Center

- ⇒ **Learn about the dimensions of wellness and their connection to recovery**
 - ⇒ **Focus on your strengths**
- ⇒ **Plan ways to improve wellness in your life**

The program goes over the eight dimensions of wellness from SAMSHA. The first part of the program will be learning based. The second part of the program will be discussion and interactive based