



**RECOVERY
COMMUNITY
CENTER**
DES MOINES

RECOVERY DHARMA

Mondays | 5:00pm

5601 Douglas Avenue, Des Moines, IA 50310

Recovery Dharma is a peer-led and non-theistic approach to recovery based on Buddhist principles. Each meeting includes readings about the eightfold path and Buddhist-inspired meditation.

Books available for use during the meeting.

To learn more about Recovery Dharma, visit recoverydharma.org

Questions? Call 515.783.6382