



RECOVERY
COMMUNITY
CENTER
DES MOINES

RECOVERY DHARMA

Mondays | 5:30pm

4725 Merle Hay Road, Suite 107 Des Moines, IA 50322

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