



RECOVERY  
COMMUNITY  
CENTER  
DES MOINES

# RECOVERY DHARMA

**Mondays | 5:30pm**

**1750 48th St. Suite 101A 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](http://recoverydharma.org)

**Questions? Call 515.783.6382**