



1VOICE ACTIVE RECOVERY

WHAT IS ACTIVE RECOVERY?

Active Recovery is a cost-free monthly program designed to help promote an overall sense of well-being, health, and balance within the eight dimensions of wellness. Each month Active Recovery will provide a fun wellness supported activity, community engagement opportunities, and group discussions facilitated by various community partners with emphasis on a different dimension of wellness.

Please register at Eventbrite on 1Voice Facebook page or at 1Voicerecovery.org.

SESSION 5
Physical
Wellness
6/18/2022

Wellness
Group
Discussion
1Voice
Community
Recovery
Center
9am

Green Acres
Kayaking
10:30am

Sign Up Today

