



1VOICE ACTIVE RECOVERY

Active Recovery is a monthly program that helps to promote an overall sense of well-being, health, and balance within the 8 dimensions of wellness. Each month Active Recovery will provide a fun wellness activity, a community engagement activity, and group discussions with emphasis on a dimension of wellness.

Session 6 “Physical Wellness” Green Acres & 1Voice Building 7/17 10am-4pm

This month’s event is limited to 30 participants
To sign up or for more info please email:
Aaron.1voicedearborncounty@gmail.com

**THIS MONTH FOR
ACTIVE RECOVERY**

Wellness Discussion



**Physical Wellness
Group Discussion**

**Community
Engagement Activity**



**Community
Clean-up:
Lesko Park**

Wellness Activity



**Kayaking
Green Acres**

