

Voices In Recovery

Program and Schedule for Saturday January 10th Event

7:00am	Vendor and Resource Booth Setup
8:00am	Registration check in and Resource Fair open Light snacks and coffee until gone
9:00am	Welcome, Serenity Prayer, and House Keeping
9:30am	Intro and Directions for Breakout Sessions
9:50am-10:45am	Breakout Session 1 Yoga with Jeb Food as Medicine with Melissa Sound Healing with Rachel
10:50am-11:45am	Breakout Session 2 Yoga with Jeb Trauma & Addiction with Teira, RN & Lea, CSWA (therapist) Food as Medicine with Melissa
12pm	Lunch Served
12:30- 1:30pm	Speaker 1 Tiffanie Bell, Dual Diagnosis
1:50pm -2:45pm	Breakout session3 Yoga with Carolina Sound Healing with Rachel Trauma & Addiction with Teira, RN & Lea, CSWA (therapist)
2:50pm -3:45pm	Breakout Session 4 Yoga with Carolina Food as Medicine with Melissa Sound Healing with Rachel
4pm-5pm	Speaker 2 Larendee Roos, Al-Anon Family Recovery
5pm-6pm	Final Remarks and Wrap up