

YOU MADE IT THROUGH THE WEEK.  
NOW LET'S KICK OFF THE WEEKEND.

# N A M A S T E

F R I D A Y S | 1 0 3 0 A M | R I H

Are you looking for a recovery community that is strong and brave together? Join us every Friday at **Recovery is Happening** for guided meditation and movement designed to cleanse the body + mind.

This activity is free to attend. Coffee and fellowship comes too!

