

ARE YOU FEELING.....

HUNGRY? Do I need something physically or emotionally?

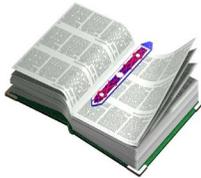
ANGRY? What is causing me to feel this way?

LONELY? Am I having difficulty connecting with others?

TIRED? When was the last time I took a break?

The key to maintaining a life in recovery is a combination of self-care and self-awareness.

BRING YOUR
BIG BOOK



Join us on Sat., April 18th, 2020, at
THE UPPER ROOM
3455 West Bangs Ave.
Neptune, NJ 07753

BRING YOUR
OWN LUNCH



Program is from 9:30am to 4 pm. Registration begins at 9.

Suggested donation is \$10. Location is not handicap accessible.

Space is limited to 35 people. Registration is required. Do not send money with registration.

NAME _____

PHONE _____

EMAIL _____

Mail to:
Jim Hoitela
304 Cheryl Drive
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Questions?????
Jim - 732-397-7535
Barbara 732-439-0001

