

WRAP®

WELLNESS RECOVERY ACTION PLAN

Are you looking for practical ways to make improvements in your daily life?

Are you trying to reach your goals and would like to use an empowering education program with proven results?

WRAP, a ten week recovery education class, may be just what you are looking for!

WHEN

Thursdays, Oct 12th – Dec 21st

1:00pm – 3:00pm

WHERE

525 Alby Street, Alton, IL 62002

YOU WILL DISCUSS: Foundational Principles of Wellness.

YOU WILL LEARN: To create your own Individual Wellness Toolbox filled with simple and safe ideas to help you feel good and stay well even when the going is difficult.

YOU WILL DEVELOP: Your own Action Plan to improve health, wellness and overall satisfaction with your life.

www.giftofvoice.com

ADVANCE REGISTRATION REQUIRED

Contact Gift of Voice at office@giftofvoice.com or 618-792-2049 to register for this class.

There is no charge for this valuable program.

SPONSORS

Gift of Voice

Madison County (708)
Mental Health Board

Salvation Army

Veterans' Assistance
Commission (VAC)

IF YOU ARE:

18 + years of age

Seeking positive changes in your life

Focused on your health and wellness

Tired of struggling with "normal" tasks

Looking for hope

Ready to make an action plan