



## *Gift of Voice*

Date: Tuesdays

Time: 7:00—8:30pm

*Special thanks to Eden Church for supporting health and wellness in our community!*

# *Wellness Recovery Action Plan (WRAP) ®*

- Are you focused on personal wellness?
- Are you ready to meet positive people?
- Are you willing to develop do-able action plans so you can accomplish your goals?

*To register or make inquiries, please contact [office@giftofvoice.com](mailto:office@giftofvoice.com) for more information.*