

# WELLNESS & RECOVERY

We want to support your health and wellness through your life journey! Attend fun events, learn to thrive on your own, make healthy connections and relationships, and get help on your recovery path. You will have access to our CARES program, Peer Support, Wellness Coordinators, and recovery resources located within the Ross County community. We are striving to help you gain a more holistic outlook to your recovery while having fun along the way.

*Fun Events!*

*Game Nights!*

*Bowling!*

*Yoga!*

*Pottery Painting!*

*And More!*

*Cooking Nutrition Classes!*

*Swimming!*

*Corn Hole!*

*Hiking!*

*Exercising!*

Eligibility Requirements: Be in recovery from opioids and/or stimulants. Complete a short interview with one of our Wellness Coordinators, at the end of which you will be mailed a \$10 Wal-Mart gift card!

#recoveryispossible • #recoveryisholistic • #recoveryisbeautiful

Contact: 740.656.2114 or [aleasure@rossccac.com](mailto:aleasure@rossccac.com)



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