

# **AGING GRACEFULLY** **IN RECOVERY MEETING**

**SENIORS IN RECOVERY COME JOIN US**

**RECOVERY IS A PROCESS OF CHANGE THROUGH WHICH PEOPLE  
IMPROVE THEIR HEALTH AND WELLNESS  
LIVE A SELF-DIRECTED LIFE  
STRIVE TO REACH THEIR FULL POTENTIAL**



**“We have been rocketed into a fourth dimension of existence of which we had not even dreamed”**

**WEDNESDAY 5:30 PM**

**SANDUSKY ARTISAN RECOVERY COMMUNITY CENTER**

**138 E. MARKET ST. SANDUSKY, OHIO**

**SENIORS OVER 60 YEARS OLD ARE WELCOME  
TO ATTEND INCLUDING FRIENDS & LOVED ONES**

