

Lets **WRAP** about Wellness!



- **W**ellness **R**ecovery **A**ction **P**lanning is a personalized wellness plan developed by **YOU** and holds the key to getting and staying well.

Want to be in control of your recovery?

Have choices?
Improve the quality of your life? Decrease troubling feelings?
Achieve your own life goals and dreams?

- **FREE COMMUNITY 2 Day WRAP Seminar**

Mt. View Wellness Center, 9 River Street Oneonta, NY

Tuesday March 27 & Wednesday March 28, 2018

9:30am-3:30pm

Registration required with **Kate H 433-2343**

Materials and lunch will be provided both days