

RCU Radio-Mar 12, 11 am - noon. Special Guest - Barb Klein.

Recovery Coach University Radio <Lori@RecoveryCoachUniversity.com>

Thu 3/12/2020 8:47 AM

To: Rita Cronise <rmc277@shp.rutgers.edu>



RCU Radio

March 12, 11am - noon

Co-Hosts Keith Greer and Lori Drescher are joined by Barb Klein, Founder, Inspired Possibility and Author, 111 Invitations. Prepare to be inspired.

Join us for a conversation with Barb Klein; Life Coach, Retreat Leader; Meditation Instructor, Author, Self Care Aficionado especially if you happen to be (like her, like me) a mom of a child struggling with addiction. Not the kind of self care you purchase in a shop or receive on a massage table (nothing wrong with that!) but the kind you find only by looking inside. Holding space with yourself. Practicing self-love, self forgiveness and by gentling (yes, its a verb).

Please Join Us!

I will reveal some unique moments from our recent "Mom's Retreat" ~Lori

Connect via Facebook Live, WAYO 104.3, or see Past Recordings:

<https://www.recoverycoachuniversity.com/radio>

Listener participation is always encouraged!!!

Call/Text 585-203-9296

Email rcu@wayofm.org

Comment on RCU FB Live

Join us and Participate in the Conversation!
Call in, Text, E-mail or Comment on FB Live!

*Your Hosts:
Keith Greer
& Lori Drescher*



Announcing!
RECOVERY COACH UNIVERSITY RADIO

A Radio Show that Celebrates Recovery

Join Us Each Thursday from 11 - Noon

Keith Greer and **Lori Drescher** like to talk about all things recovery. As two of Western NY's leading Recovery Coaches and Trainers of Peer Recovery Professionals, this dynamic duo will provide an exciting radio hour covering timely, evidence based recovery topics that inspire hope, debunk myths, shatter stigma, educate, empower and entertain. Each show will feature a special guest expert. Call-in, text messages and emails are welcome and encouraged! Join us and shine a light on Recovery!

Live Stream, FaceBook Live and Past Shows Here!

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