



ONWARD RECOVERY
Hudson Valley Recovery
Community & Outreach Center
AN ACTIVE APPROACH TO RECOVERY



**Reach One Mid-Hudson
Regional Recovery Center**
"Each One, Teach One"

Virtual Wellness Meetup



The 8 Dimensions of Wellness will be explored (Intellectual, Occupational, Spiritual, Environmental, Social, Physical, Emotional, & Financial) to discuss ways to maintain & improve our wellness. This meeting is facilitated by Certified Peer Specialists.

This meeting is open to anyone age 18 or older.

Tuesday thru Saturday at 11am on Zoom!

Join our Zoom Meeting:

<https://us04web.zoom.us/j/152094726>

Or Call In: 1-646-876-9923

Meeting ID: 152 094 726

Hudson Valley Recovery Community & Outreach Center
319 Broadway, 2nd Floor, Newburgh, NY 12550
Entrance on Ann Street

Phone: (845) 565-1162 x453 • Fax: (845) 565-0567 • Email: info@onwardrecovery.org

The potential for recovery lies within each of us