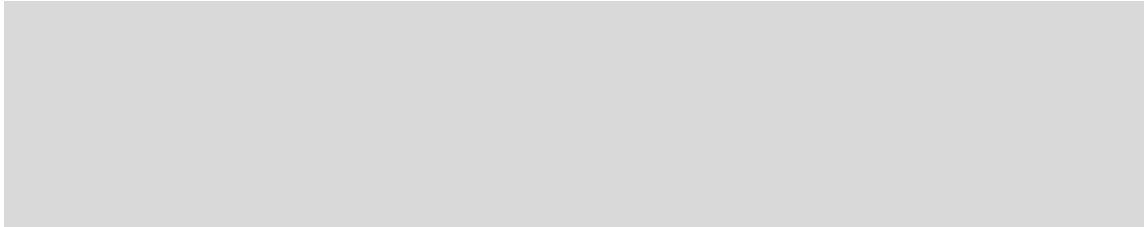


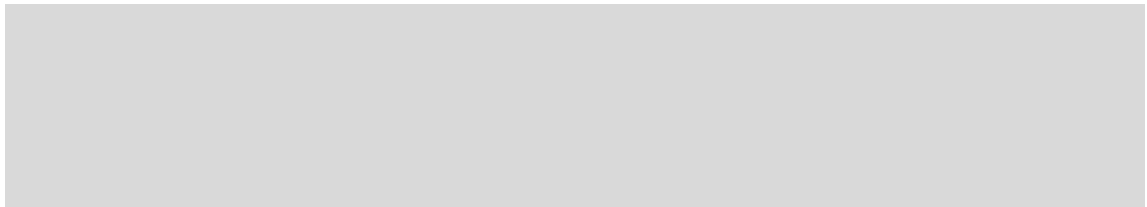
Wellness and Recovery

Phase 4: Lesson 4 Your Recovery

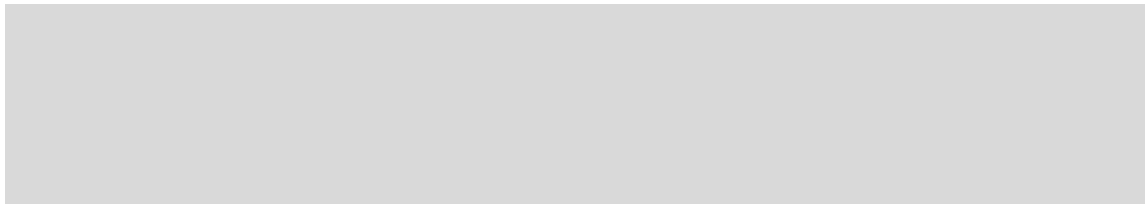
How are you going to maintain your personal Seven Steps?



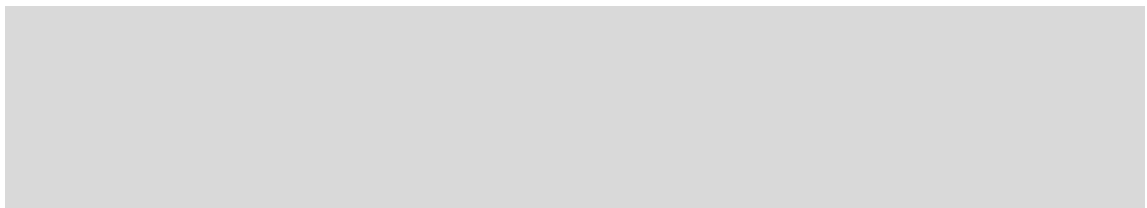
How do you feel mentally now (mind)?



How do you feel physically now (body)?



How do you feel emotionally now (spirit)?



How are you going to celebrate all YOU have achieved? !!!

