



## Northwest Wayne Chapter IN-PERSON Public Forum

**MONDAY, JANUARY 5th – 6:00 to 8:00 pm**  
**HYPE RECREATION CENTER OF WESTERN WAYNE**  
**4635 HOWE ROAD, WAYNE, MICHIGAN**



*You may also  
watch this  
meeting  
VIRTUALLY on the  
Northwest Wayne  
FAN Facebook  
Page*

### **SELF CARE TO SUPPORT RECOVERY**

*What we eat, how we move, how we rest, and what we think all influence recovery. This uplifting forum will explore simple ways to nurture both body and mind through nutrition, movement, and mindfulness. Learn how gratitude, honesty, self-compassion, and positive mindset can strengthen your emotional health and support lasting recovery.*

**A FREE NARCAN TRAINING WITH COMPLIMENTARY NARCAN KIT FOR IN-PERSON ATTENDEES WILL PRECEDE THE FORUM AT 5:30. TO REGISTER FOR THE NARCAN TRAINING, GO TO: <https://faceaddictionnow.org/narcantraining>**

**For more information, contact: [nwwayne@familiesagainstnarcotics.org](mailto:nwwayne@familiesagainstnarcotics.org)**  
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