

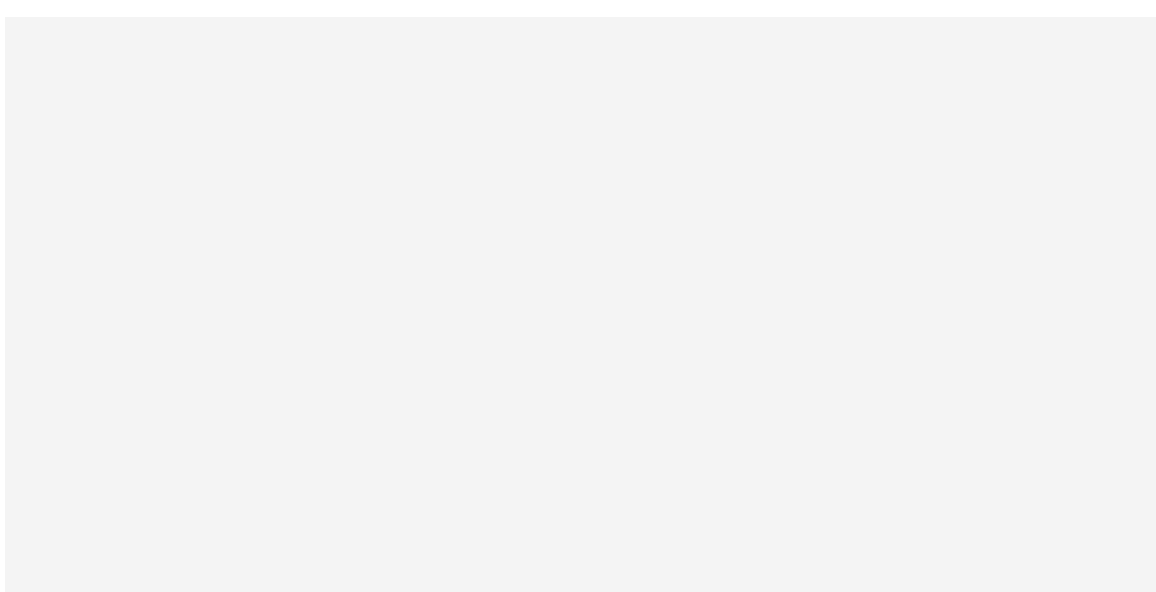
RECOVERY & EMPOWERMENT STATEWIDE CALL 3/21/2024

Please plan to join on **March 21, 2024**, for our first **Recovery & Empowerment Statewide Call for 2024!**

Our theme this year is "**Embracing Different Recovery Roads.**" During the 2024 educational series, we will be exploring a wide variety of recovery pathways, considering some new and innovative things happening around us, and revisiting a few wellness tools that some of us may have been using for years.

Each call provides listeners the opportunity to hear directly from, and be inspired by, individuals in recovery. This month's focus is "Exploring Our Whole Health"

Please note that you don't have to be at an agency or in a group to participate. Individuals are welcome to dial in from a personal phone, or, as a new feature this year, you can log in from a home computer or through the WebEx app on a smartphone. Registration is not required. Instructions on how to join are below under the heading **How to Join.**



ABOUT THIS MONTH'S CALL

DATE: March 21, 2024

TIME: 10:00 a.m. - 11:00 a.m.

TOPIC: Embracing Different Recovery Roads: "Exploring Our Whole Health"

OBJECTIVES:

1. Recognize the value of looking at our health from a holistic point of view.
2. Identify some of the everyday concerns that might affect our whole health.
3. Explain how being open to different paths in recovery could positively affect our whole health.

MEETING TITLE: Recovery & Empowerment Statewide Call

PANELISTS: Christina Ancira & Tanya Cooley

COMMUNITY SPEAKER: TBD

HANDOUTS

The following materials for the 3/21/2024 may be **downloaded** prior to phone call:

[CEU Instructions](#)

[Statewide Call Flyer](#)

[3/21/2024 Sign-In Sheet](#)

[March SWC Slides Handouts](#)

[Wellness Wheel Worksheet](#)

[3/21/2024 Evaluation](#)

HOW TO JOIN

BY TELEPHONE

Dial 1-312-535-8110.

Enter Access Code:
[2634 064 1443](#) Then press
#.

Enter Password: [78283943](#)
Then press #.

ON COMPUTER

On your computer, click on
[This Link](#) to open the
WebEx site for the call.

If prompted, enter your
name & email address.

Click **Join Meeting**.

Meeting #: [2634 064 1443](#)
Password: [statewide](#)

WITH SMARTPHONE

On your smartphone, tap
[This Link](#) to open the
WebEx site. If prompted,
download the WebEx
Meetings app.

Enter your name & email
address.

Click **Allow**, then **Join**.

Meeting #: [2634 064 1443](#)
Password: [statewide](#)
