

SEPTEMBER IS
**RECOVERY
MONTH**



SCAN ME

UNITED IN RECOVERY

BRINGS YOU

30 DAYS OF SELF CARE

DOWNLOAD THE CALENDAR AT
CMCUW.ORG/UNITEDINRECOVERY

UNITED IN RECOVERY VIRTUAL 5K

SEPT. 1-21, RUN OR WALK ANYTIME, ANYWHERE
\$10 EACH, UNDER 12 FREE, T-SHIRTS AVAILABLE

LUNCH AND LEARN WEBINAR

SEPT. 15 & 17, 12-1PM, [HTTPS://ZOOM.US/](https://zoom.us/)
FREE, REGISTRATION IN ADVANCE REQUIRED

RECOVERY STORIES

SEPT. 22, 7PM, [HTTPS://ZOOM.US/](https://zoom.us/)
FREE, REGISTRATION IN ADVANCE REQUIRED

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FOR MORE INFO, VISIT OUR WEBSITE CMCUW.ORG/UNITEDINRECOVERY

UNITED IN RECOVERY IS A PROGRAM OF
UNITED WAY OF COLUMBIA AND MONTOUR COUNTIES