

DEPARTMENT OF COMMUNITY AND HUMAN SERVICES

# 2024 NATIONAL RECOVERY MONTH EVENTS

A CELEBRATION OF RECOVERY - OPEN TO THE COMMUNITY

\*FREE NALOXONE AVAILABLE AT ALL EVENTS\*

**WEDNESDAY,  
SEPTEMBER 4  
10 A.M. - 12 P.M.**

## ARTS & CRAFTS

**THE DEL PEPPER COMMUNITY RESOURCE CENTER  
ROOM 1305**

JOIN THE FUN IN CREATING AND DECORATING CARDS, JOURNALS, CANVAS WALL DISPLAYS, AND CONTRIBUTE WORDS TO THE RECOVERY MONTH BANNER.

**THURSDAY,  
SEPTEMBER 12  
10 A.M. - 12 P.M.**

## NUTRITION DEMOS

**THE DEL PEPPER COMMUNITY RESOURCE CENTER  
ROOM 1305**

SEE DEMOS, RECEIVE FREE SAMPLES, AND GET INFORMATION ON HOW NUTRITION PLAYS A VITAL PART IN RECOVERY AND WELLNESS PROGRAMS.

**TUESDAY,  
SEPTEMBER 17  
9 A.M. - 3:30 P.M.**

## YOGA!

**THE DEL PEPPER COMMUNITY RESOURCE CENTER  
ROOM 1305**

ENJOY RELAXING FREE YOGA CLASSES. BEGINNERS AND ALL LEVELS WELCOME.  
CHAIR YOGA (9AM - 11AM)  
GENTLE YOGA FULL SESSIONS (2-3:30PM)

**WEDNESDAY,  
SEPTEMBER 25  
3 - 6 P.M.**

## COMMUNITY CELEBRATION

**BEN BRENMAN PARK  
4800 BRENMAN PARK DR**

FAMILY FRIENDLY - ALL ARE WELCOME. FREE FOOD TRUCKS, MUSIC, GAMES, VENDORS, SWAG, AND SPECIAL SPEAKERS!



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