

# WELLNESS RECOVERY ACTION PLAN (WRAP) SEMINAR I

WRAP is a simple and powerful process for creating the life and wellness you want. With WRAP, you can:

- Discover simple, safe, and effective tools to create and maintain wellness
- Develop a daily plan to stay on track with your life and wellness goals
- Identify what throws you off track and develop a plan to keep moving forward
- Gain support and stay in control even in a crisis

This two-day training offers all of the tools that you need to build your very own WRAP for obtaining and maintaining wellness!

February 28 & 29

9a-4:30p

Virtual Training on Zoom

**COST: FREE!**



To register, scan the QR code  
or visit <https://bit.ly/4b6LD5L>

