



Nurture, renew and affirm our bodies, our minds, and our spirits.

What is Women in Recovery?

We are a community of women in recovery programs looking to supplement our recoveries through bimonthly speaker meetings and special events. We aim to create a caring community that provides education, spiritual insight, and growth opportunities.

Who attends?

Women in a variety of recovery programs—AA, NA, Alanon, OA, CoDA. Some of us have been around for years; some of us are new to recovery. We all want to learn, grow, and connect. You don't have to be a Retreat alum to join us! All are welcome!

Why should I attend?

Our events are designed by women in recovery for women in recovery—we understand the challenges women face. We know it's important to get involved in a sober community and stay connected, whether you are four days sober or 40 years. This is not an AA meeting, but a supplement to your program of recovery.

2025 SPEAKER SERIES

Our programming this year focuses on Nurturing, Renewing and Affirming Our Bodies, Our Minds, and Our Spirits

Every other **FOURTH WEDNESDAY** of the month
IN PERSON and on **ZOOM**

For up-to-date information visit us on our website or facebook page.

Letters from God <i>Nicole Byars</i>	(Zoom available)	JAN 22
Trauma-Informed Yoga <i>Deanna Loux</i>		MAR 26
Gentle Movement Therapy with NIA Dance <i>Rachel Soffer</i>		MAY 28
Annual "Wise Words" from Karen <i>Karen Casey</i>	(Zoom available)	JUL 23
Breathwork: Supporting Recovery One Breath at a Time <i>Anne McLaughlin</i>		SEP 24

IN-PERSON

The Retreat

1221 Wayzata Blvd East
Wayzata, MN 55391

6:30 pm Refreshments & Fellowship • 7:00 pm Programming

ZOOM

ID: 854 7917 2464 • Password: WIR
7 - 8 pm CT