



WOMEN  
IN  
RECOVERY

MAR 27  
2024

## SPEAKER SERIES

FOURTH WEDNESDAY OF THE MONTH  
7 - 8:30 p.m.

In-person and on Zoom

### IN-PERSON

The Retreat

1221 Wayzata Blvd., E., Wayzata, MN 55391

6:30 pm Refreshments & Fellowship

7:00 pm Programming

### ZOOM

ID: 604 752 4401 • Password: WIR

7 - 8:30 pm CT

## EXPAND YOUR CALM WITH EFT MERIDIAN TAPPING

### Laurie Phillips

Learn EFT (Emotional Freedom Techniques), a tool that helps you calm down during an upsetting situation. Using simple phrases and gentle tapping on the same meridian points that acupuncture uses, EFT releases stress stored in the body. Releasing stress can improve your physical health and your relationships with others. EFT is easy to learn and use on your own, so you'll walk away with a tool you can put to work right away to expand your calm!



LAURIE PHILLIPS, founder of Big Heart Coaching in 1998, was a life coach for women feeling overwhelmed by their jobs, their health, or their relationships. She's currently co-founder and executive director of Museum Sage, which blends coaching with art exploration to help people find answers to their personal questions through images. She has led various workshops for institutions such as Mayo Medical School, Medtronic, St. Paul's Monastery, the Minnesota Jung Association, and Minneapolis Institute of Art.

LEARN • GROW • CONNECT

Our programming this year focuses on  
**Expanding our Paths for Healing  
and Recovery.**

[theretreat.org/women-in-recovery](https://theretreat.org/women-in-recovery) | [WIR@theretreat.org](mailto:WIR@theretreat.org)  
fb/insta: @WomenInRecoveryMN

**What is Women in Recovery?** We are a community of women in 12-step 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 12-step programs—AA, NA, Al-Anon, 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.