



NO COST

Wellness Recovery Action Plan Workshops

JANUARY 25 - 26 | 9 AM - 4 PM
11238 CORNELL PARK DR.
BLUE ASH, OH 45242



Wellness Recovery Action Plan (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

The WRAP process supports you to identify the tools that keep you well and create action plans to put them into practice in your everyday life. All along the way, WRAP helps you incorporate key recovery concepts and wellness tools into your plans and your life.

Learn more or register at www.mhankyswoh.org/wrap
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