



STOP USING AND START LIVING!

 **SMART Recovery**[®]

No matter what your addictive behavior, SMART Recovery can help. For over two decades we have been offering free support groups (face-to-face and online) helping people learn self-empowering tools and providing support for each other in recovery.

The goal of SMART Recovery is for you to achieve a healthy, positive and balanced lifestyle so you can conquer new challenges when you feel confident your addictive behavior is behind you.

Go to www.SmartRecovery.org to find the nearest meeting.

DISCOVER THE POWER OF CHOICE!