



WELLBRIETY CIRCLE MEETINGS

(Facilitated by Margaret B. (218-248-5780))

Wednesday's at 1:00 p.m. starts February 13, 2019

New Moon Housing

Lake Vermilion

Wellbriety definition:

Wellbriety means to be sober and well. Wellbriety teaches that that we must find Sobriety from addictions to alcohol and other drugs and alcohol on individuals, families and whole communities.

The "well" part of Wellbriety is the inspiration to go beyond sobriety and recovery, committing to a life of wellness and healing everyday.

- Sober lifestyles
- Wellness balance (mentally, physically, spiritually, and emotionally)
- Walking the Red Road
- Creating a healing forest