APRIL 15, 2021

COLLEGIATE RECOVERY DAY

THE OFFICE OF WELLNESS PROMOTION

Need a helping hand?
Visit:
- www.recoverycentersofamerica.com
- www.samhsa.gov
- www.recovery.org

Or contact the WCU Counseling Center:
- wcupa.edu/counselingcenter
- WCUCC@wcupa.edu
- 610-436-2301

IT DOES NOT MATTER HOW SLOWLY YOU GO AS LONG AS YOU DON’T STOP.
-CONFUCIUS

RECOVERY IS...
- being honest with yourself
- being able to enjoy life without drinking or using drugs
- living a life that contributes to society, to your family, or to your betterment.
- being the kind of person that people can count on
- about giving back
- striving to be consistent with your beliefs and values in activities that take up the major part of your time and energy

www.asam.org