



# Recover Wyoming's Lunch Lessons

**"Lunch and Learn"**

**"Eat and Educate"**

**"Picnic and Ponder"**

**"Snack and Study"**

Join us the second  
Friday of the month  
from **noon to 1:00** at  
**122 West Lincolnway!**

Bring your own "brown bag"  
lunch; dessert and information  
on the weekly discussion topic  
will be provided!

Lunch Topics Will Include:

February 10: Opportunities

March 10: Mental Health

April 14: Healthy Relationships

May 12: Opportunities

June 9: Finances

July 14: Self Care

August 11: Living Skills