



Please join Recovery Houses of Rochester, Inc. Staff, Residents and Volunteers on Thursday, Sept. 21st, 2023 12pm- 2pm

**PLEASE CONTACT OUR OFFICE**

**(585) 413- 0551 RSVP**

Tour Recovery Houses of Rochester Homes and learn about the services we offer.

We will be providing light refreshments.

1 minute Chair Massages will be available

By Shamara Cheves - Robinson, LMT

Genuinely You Massage

**The United States National Recovery Month was founded in 1989. PURPLE was selected as OUR RECOVERY MOVEMENTS' COLOR.**

### **Week 3: Sept 18 – 24, 2023**

Our focus this week is promoting a **whole-person approach to wellness** that addresses the social determinants of health in addition to physical and mental symptoms.

#### **Key Messages:**

**Wellness in recovery encompasses a person's whole life, not just their substance use or mental health issues.**

- When people are equipped with evidence- based treatment and recovery supports, they can regain their lives and contribute to their families and communities.
- Access to housing, education, social support, and employment affect the ability to enter and maintain recovery.
- Recovery is personal and requires tailored, individualized care and supports.