



Self-Care for SMART Women

Moving Toward Peace with Your Body and Self

Is there a health or self-care behavior
that you'd like to integrate into your life?
Learn the SMART technique for lasting change.

Saturday February 4th, 2012

2:00-5:00 PM

Presenter: Dr. Michelle Segar

At Washtenaw Alano Club

995 North Maple Rd., Ann Arbor, MI 4810

\$2 Suggested Donation

How To Register

Online: www.a2womensgroup.org

Mail: PO Box 3433 | Ann Arbor | MI | 48106

Questions?

Call 734-972-3851 OR

Email: info@a2womensgroup.org



Ann Arbor Women's Group

Sponsored by the Ann Arbor Women's Group

A2WG is a 501(c)3 non-profit corporation that creates opportunities for women recovering from alcohol and drug addiction to develop and sustain a healthy, sober lifestyle. Website: www.a2womensgroup.org