

Save the Date to

# Celebrate Recovery with us in Maine!



*What:*

Uniting Maine Recovery Communities  
2nd Annual Recovery Retreat  
Saturday September 11, 2010

*Where:*

University of Maine, Augusta  
9:00am to 3:00pm

## *This Year's Sessions:*

Recovery Support for Nurses led by Paula Davies Scimeca, author of  
'*From Unbecoming a Nurse to Overcoming Addiction: Candid Self-Portraits of Nurses in Recovery*'

Recovery Resilience: Self-care strategies for life

Friends & Family: Allies in Recovery

Nature & Recovery

The Many Recovery Pathways

## *Who Should Attend:*

People who are in recovery from addiction & recovery allies welcome!

Join us to relax, be rejuvenated and spend time  
with others who embrace the  
pathways of recovery.

This event is free of charge – refreshments and  
lunch provided!

For more information contact  
Deb Dettor at Maine Alliance for  
Addiction Recovery at  
(207) 458-4366 or  
[ddettor@masap.org](mailto:ddettor@masap.org)

*Sponsored by:* Maine Alliance for Addiction Recovery; Mental Health & Human Services Program, and Learning Support  
& Counseling Services at UMaine Augusta, Maine Office of Substance Abuse, DHHS.

*Supported by:* Maine Recovery Communities Coalition and AdCare Educational Institute of Maine, Inc.

[www.masap.org/site/recovery.asp](http://www.masap.org/site/recovery.asp)