

Do You Need a Booze Break?



Is Happy Hour Becoming a Habit?

Do you think about cutting back on booze,
or quitting? You aren't alone!

Join CHP and Rural Recovery for a judgment-free
online discussion for the sober curious about the health benefits
of a booze break, and finding support for your efforts.

Sober Curious? Rethinking Drinking, Building Healthier Habits

On Zoom ■ Thursday, January 26 ■ Noon-1 PM

Facilitated by **Terrance "TC" Clarke**, Family Nurse Practitioner at CHP Lee Family Practice, and
Stephanie Holcomb and **Adam Post**, Recovery Coaches at Rural Recovery.



Scan the QR code to register
for this free event on Zoom.

Don't have a smart phone?
Go to: bit.ly/3iDz7UO

