



WELLNESS RECOVERY ACTION PLAN 1-VIRTUAL VIA ZOOM

The Wellness Recovery Action Plan (WRAP®) is a personalized wellness and recovery system born out of and rooted in the principle of self-determination.

July 20-21, 2020- Open to Minnesota Residents- Register:
<https://www.eventbrite.com/e/wellness-recovery-action-plan-tickets-112042319594>

July 23-24-2020- Focus on Minnesota LGBTQ+ community-
Register: <https://www.eventbrite.com/e/wrap-seminar-1-for-the-lgbtq-community-and-supporters-in-minnesota-tickets-111686697920>

July 30-31, 2020 Open to Minnesota Residents- Register:
<https://www.eventbrite.com/e/wellness-recovery-action-plan-seminar-1-for-minnesota-residents-tickets-110797682852>

July 31-Aug 1, 2020 Focus on Minnesota Diverse Communities-
Register: <https://www.eventbrite.com/e/wrap-seminar-1-minnesota-diverse-communities-focus-tickets-112042012676>

Aug 1-2, 2020 Focus on Minnesota Individuals in Substance Use
Recovery – Register: <https://www.eventbrite.com/e/wellness-recovery-action-plan-minnesota-substance-use-recovery-focus-tickets-112044985568>

**Copeland Trained
Facilitators**

**Create your Own
Wellness Plan**

**Materials will be
sent to you**

Two day, 15 hr CEU
approved Wellness
Recovery Action Plan
Facilitated by Copeland
trained facilitators for
Minnesota residents

9 am -4:30 each day

WELLNESS IN THE WOODS

738 3rd Ave NW
Eagle Bend MN 56446
218-296-2067

www.mnwitw.org