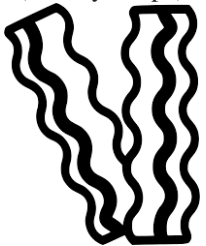
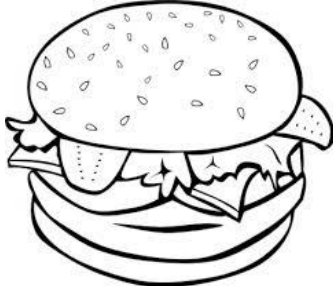

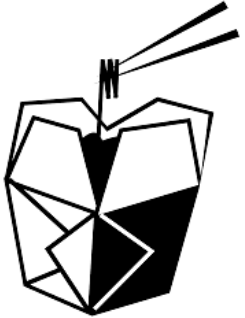


# Bear River House Gateway Program Weekly Mailer

"Helping Each Other Through This Journey" March 23<sup>rd</sup> – 24<sup>th</sup>

Monday March 23 <sup>rd</sup>	Tuesday March 24 <sup>th</sup>	Wednesday March 25 <sup>th</sup>	Thursday March 26 <sup>th</sup>	Friday March 27 <sup>th</sup>
<p style="text-align: center;"><b>9:30 am</b> Welcome Meeting</p> <p style="text-align: center;"><b>10:15 am</b> Wellness Group (healthy recipe)</p> <div style="text-align: center;">  </div> <p style="text-align: center;">◆◆◆◆◆◆◆◆ <b>Extreme BLT</b> ◆◆◆◆◆◆◆◆</p> <p style="text-align: center;"><b>1:00 pm</b> Computer Class</p> <p style="text-align: center;"><b>1:15 pm</b> Fitness Group</p> <p style="text-align: center;"><b>1:00 pm</b> Bingo</p>	<p style="text-align: center;">No Pick-ups on Tuesdays</p> <p style="text-align: center;"><b>10:15 am</b> Relationship Dynamics Group</p> <div style="text-align: center;">  </div> <p style="text-align: center;">◆◆◆◆◆◆◆◆ <b>Mega Burger</b> ◆◆◆◆◆◆◆◆</p> <p style="text-align: center;"><b>1:00 pm</b> Computer Class</p> <p style="text-align: center;"><b>1:00 pm</b> Active Lifestyle</p>	<p style="text-align: center;"><b>9:30 am</b> Welcome Meeting</p> <p style="text-align: center;"><b>10:15 am</b> RSI Group</p> <p style="text-align: center;">◆◆◆◆◆◆◆◆</p> <p style="text-align: center;"><b>Chicken Cordon Bleu</b> ◆◆◆◆◆◆◆◆</p> <p style="text-align: center;"><b>12:30pm</b> Computers</p> <p style="text-align: center;"><b>12:45 pm</b> Peer support</p> <p style="text-align: center;"><b>1:00 pm</b> Fitness Group</p> <p style="text-align: center;"><b>2:30 pm</b> Personal Development</p>	<p style="text-align: center;"><b>9:30 am</b> Welcome Meeting</p> <p style="text-align: center;"><b>10:15 am</b> Recovery Group</p> <div style="text-align: center;">  </div> <p style="text-align: center;">◆◆◆◆◆◆◆◆ <b>Super Nacho</b> ◆◆◆◆◆◆◆◆</p> <p style="text-align: center;"><b>1:00 pm</b> Computer Class</p> <p style="text-align: center;"><b>1:00 pm</b> Stress Management Group</p>	<p style="text-align: center;"><b>9:30 am</b> Welcome Meeting</p> <p style="text-align: center;"><b>10:15 am</b> Happiness Group</p> <div style="text-align: center;">  </div> <p style="text-align: center;">◆◆◆◆◆◆◆◆ <b>Chicken Lo Mein</b> ◆◆◆◆◆◆◆◆</p> <p style="text-align: center;"><b>1:00 pm</b> Computer Class &amp; Games</p> <p style="text-align: center;"><b>1:15 pm</b> Fitness Group</p>

- Anyone living within 2 miles of the Bear River House can request a morning ride. Please call before 8:30 am on the day you would like a ride. Leave a message and you will be picked up between 9:10-9:25. (please be waiting)
- (435)753-9046 Ext. 738