



Nurture, renew and affirm our bodies, our minds, and our spirits.

What is Women in Recovery?

We are a community of women in recovery programs looking to supplement our recoveries through bimonthly speaker meetings and special events. We aim to create a caring community that provides education, spiritual insight, and growth opportunities.

Who attends?

Women in a variety of recovery programs—AA, NA, Alanon, OA, CoDA. Some of us have been around for years; some of us are new to recovery. We all want to learn, grow, and connect. You don't have to be a Retreat alum to join us! All are welcome!

Why should I attend?

Our events are designed by women in recovery for women in recovery—we understand the challenges women face. We know it's important to get involved in a sober community and stay connected, whether you are four days sober or 40 years. This is not an AA meeting, but a supplement to your program of recovery.

2025 SPEAKER SERIES

Our programming this year focuses on Nurturing, Renewing
and Affirming Our Bodies, Our Minds, and Our Spirits

**Every other FOURTH WEDNESDAY of the month
IN PERSON and on ZOOM**

For up-to-date information visit us on our website or facebook page.

Letters from God
Nicole Byars

(Zoom available)

**JAN
22**

Trauma-Informed Yoga
Deanna Loux

**MAR
26**

Gentle Movement Therapy with NIA Dance
Rachel Soffer

**MAY
28**

Annual "Wise Words" from Karen
Karen Casey

(Zoom available)

**JUL
23**

**Breathwork: Supporting Recovery
One Breath at a Time**
Anne McLaughlin

**SEP
24**

IN-PERSON

The Retreat

1221 Wayzata Blvd East
Wayzata, MN 55391

6:30 pm Refreshments & Fellowship • 7:00 pm Programming

ZOOM

ID: 854 7917 2464 • Password: WIR
7 - 8 pm CT

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