

Sober Holidays!

- Stressing about the holidays?
- Pressure from family & friends?
- Worried about staying in recovery?

You do not need to face the holidays alone!

Join Exult Healthcare's addiction recovery group to share your stresses and learn coping skills.

Wednesdays AT 6 PM

Cost: Free!

Contact us at 469-714-0006 or

Email info@exulthealthcare.com
to sign up as we are starting soon!

 **Exult Healthcare**
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