



You KNOW me ...

Lonnie Walters, U.S. Navy Retired.

Like many Alaskans I focus on sobriety one day a time. I'm an alcoholic, who has been sober for 28 years. I'm proof that treatment works and recovery is real.

Please help celebrate all Alaskans who walk the Road to Recovery.

National Alcohol & Drug Addiction Recovery Month

J U N E A U E V E N T S

"Art of Recovery" Gallery Show

Sept. 4-30. Opening Reception, Friday, Sept. 4, 5-7 pm, Silverbow Back Room.

A showing of art celebrating recovery created by people in recovery.

Fetal Alcohol Spectrum Disorder (FASD)

Awareness Day

Wednesday, Sept. 9

To raise awareness about not drinking alcohol during pregnancy, participating restaurants will serve free non-alcoholic beverages to pregnant women on Sept. 9.

Recovery Poetry Slam

Saturday, Sept. 12, 7-9 pm, UAS Egan Auditorium

Poets are invited to share their original poems related to recovery in a competition-style event.

SoberFest

Friday, Sept. 25, 5:30-11 pm, Juneau Arts & Culture Center

A party celebrating recovery, with live music, dancing, and information tables, an open mic for songwriters/poets, food, beverages and door prizes. No charge.

Recovery Film Festival

Wednesdays in September, 7 pm at the Goldtown Nickelodeon

Featuring engaging films on topics of addiction and recovery. No charge.

Recovery Month Book Clubs (All month)

Local readers and book clubs are adding books on addiction and recovery to their September reading lists.

"I Am My Own Anti-Drug" Poster Event (All month)

Schools and youth organizations are invited to develop posters entitled, "I Am My Own Anti-Drug." Young people are asked to create a picture of themselves surrounded by healthy activities they like to do best.

For more information contact: Advocacy Coordinator, Advisory Board on Alcoholism and Drug Abuse (907) 465-4765.

You KNOW me
The Alaska Mental Health Trust
www.mhtrust.org

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Advisory Board on Alcoholism
and Drug Abuse

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