



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

ANCHORAGE EVENTS

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. For information contact: Southcentral Foundation Alaska Women's Recovery Project, 907-729-5190.

Southcentral Rally for Recovery

Saturday, Sept. 19, 3-5 pm, Fairview Recreation Center, 1121 E. 10th Ave.

Speakers, music, refreshments, door prizes and information. For information contact: Substance Abuse Directors Association, 907-242-6608.

Recovery Month Celebration Poetry Jam

Saturday, Sept. 19, 1-3 pm, Organic Oasis, 2610 Spenard Rd.

All are invited to come and share their poetry on the positive aspects of recovery - all levels and abilities welcome. For information contact: Southcentral Foundation Alaska Women's Recovery Project, 907-729-5190.

OTHER REGIONAL EVENTS

MAT-SU - Join the Voices For Recovery

Saturday, Sept. 12, 1-4 pm, Alaska Family Services Behavioral Health Treatment Center, 5851 E. Mayflower Ct., Wasilla.

Recovery performances, speakers, information tables, Honor Quilt, bake-off. For more information call 907-357-6844 or 907-357-6826.

SEWARD - 16th Annual Sobriety Gathering

Saturday, Sept. 19, 9 am-6 pm, Community Potluck 5:30 pm, Alaska Railroad Cruise Ship Terminal, 913 Port Ave.

Alaska Native dance and drum groups, inspirational speakers, arts and craft vendors. For information contact: Qutekcaq Native Tribe, 907-224-3118.

Advisory Board on Alcoholism
and Drug Abuse



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

