



# **Sustaining Long-Term Recovery**

**Are you in recovery and want to protect it for the long term? Do you find yourself sliding in and out of recovery? Are you seeking recovery but worried about how long it might last?**

**This workshop is for you!**

**Three speakers will share experiences and practices for maintaining a sustained, well-protected recovery. You will also have opportunities to reflect and build your own long-term recovery.**

**Sunday, November 15th**

**3:00 to 5:00 pm**

**(Eastern Time)**

**ZOOM MEETING ID: 818 2628 2860**

**PASSCODE: SUSTAIN**

**Cape Cod OA Intergroup**

**CapeCodOA.org**