

SUN MON TUE WED THU FRI SAT

01 02 03 04 05

**Groups on Schedule subject to change**  
<https://www.health.solutions/recovery.solutions/>

**Recovery Solutions**  
2003 E 4<sup>th</sup> Street  
Pueblo, Co 81001  
719-544-6373  
Open Mon-Fri 8am-5pm

Goals Group 9:00am  
Exercise group 9:30am  
Music and Emotion 12:00pm  
Games 1:00pm  
Karaoke 2:00pm

Sewing 8:00 am  
Goals Group 9:00 am  
Community  
Reintegration 9:30 am  
Grief Group 12:00  
Acudetox 1:00pm

Goals Group 9:00am  
Exercise or sewing 915am  
Brain and Body 1015am  
Coping with Anxiety 1:00pm  
Acudetox 2:00pm

Goals Group 9:00 am  
Art 9:30 am  
Fresh Friday's Cooking group 10:15am  
Wellness 12:00pm  
Lavender Connection 1:30

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Anger Management 12:00pm  
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Acudetox 2:00pm

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**Halloween Party**

