



BECAUSE RECOVERY IS NOT
"ONE SIZE FITS ALL"...

Medication-Assisted Recovery Anonymous

Monday Music and Mindfulness Meeting.

Do you use believe in the value of medication as a means to
recovery?

YOU define your Recovery!

Join us to learn why we say what we say in MARA. We offer a virtual , non-
judgmental brave space for all seeking recovery from an unsafe lifestyle.

THE ONLY REQUIREMENT FOR MARA MEMBERSHIP IS
"A DESIRE TO LIVE A SAFE LIFESTYLE"

Mondays at 2pm EST
on Zoom
Meeting ID:
819 2054 4432

For additional info, go to

www.mara-international.org/onlinemeetings

"There are many paths, but only one journey."

Goochland Powhatan
COMMUNITY SERVICES
Connect. Grow. Thrive.



For more information, email Robyn H. at RVARobynRecovery@gmail.com