



National Recovery Month

Prevention Works • Treatment is Effective • People Recover

SEPTEMBER 2016

## SOBER SOLDIERS

on the front lines of addiction

What have you survived? What are you recovering from? Find Your Cause?

## Spiritual Fitness: How to Get It, How to Keep It

Spiritual fitness seems to be a word that is used often but not really defined. Here we will explore the *basic* components of spiritual fitness, address the myths of, and answer questions that sometimes still baffles so many such as:

- What is spiritual fitness?
- What does it mean?
- What does it look like?
- Who can be spiritually fit?
- How can I become more spiritually fit?

**Thursday, September 1, 2016 6:30p.m.-- 8:00 p.m.**

Presented by Marla Looper

Board Certified Family Interventionist, Addiction's Counselor & Recovery Coach

### First Lutheran Church

Located on the SW corner of 64<sup>th</sup> St. & State Line Rd.

6400 State Line Rd.

Mission Hills, KS 66208

To reserve a space, call 913-624-9053 or online [here](#)

Free Event Space is limited



Intelligent Interventions©

For more information on how to raise awareness to the power of intervention,

email [marlalooper@gmail.com](mailto:marlalooper@gmail.com) or 913-624-9053