



Are you seeking balance, support, renewal, or recovery?

**Join us Monday Nights,
in the Trudy Cunningham Room
(located on the bottom floor of Carnegie Hall)
from 7:30–8:30 p.m.**

The road to a balanced life is a journey, but you are not alone. If you have been looking for a safe space for support and reflection to recover, whether it be related to alcohol, drugs, body image, or an unhealthy relationship, consider joining the Sewanee Anonymous (SA) peer support group.

SA is a non-clinical, peer support group, based on a 12-step recovery model. This group is also open to students who have been affected by family members struggling with addiction(s). SA is a free, confidential service open to enrolled undergraduate and graduate students at the University of the South.

If you have additional questions, please contact:
Cody Bartz (bartzca0@sewanee.edu)

Sponsored by the University Wellness Center