

Nisqually Adult Wellness Program

TRIBAL/COMM ONLY Talking Circles

TUES & THURS 12 pm

PUBLIC Wellbriety meetings:

Mon Wed & Fri at 12 pm Noon

Fri at 6:30 pm

Co-Ed Wellbriety Sweat:

Mon - 1st round in at 6 pm

What is Wellbriety?

Wellbriety is a holistic approach to sobriety that includes physical, mental, emotional, and spiritual wellness. The concept of wellbriety is based on the belief that addiction is a symptom of a larger issue. Wellbriety to me includes all around health for our minds, body, spirit.

EVEN IF YOU AREN'T WHERE YOU WANT TO BE YET, COME SIT IN A MEETING. People do not have to talk, just listen and receive good energy.

If you aren't sure you want to sweat, come sit by the fire and just be there.

At the Adult Wellness House

11602 25th Ave SE

Olympia, WA 98513

360-456-5221 ext's: Farron 2168; Jordan 2179; Amanda Rae 2171

5 days a week,

6 meetings!