



Virtual Alumni Reunion

Making Meaning Out of Recovery and Your Life!

Saturday, April 17th: 9am - 1pm MST

- 8:30am - 9:00am Zoom waiting room open
- 9:00am - 9:15am Opening/Overview with Grace L. (AC)
- 9:15am - 9:30am Welcome with Brandon L. (CEO)
- 9:30am - 10:15am What Recovery Really Means with Charles G. (Specialty Therapist)
- 10:25am - 11:00am Breakout Session (Please pick 1 to attend)
 - Serve Yourself through Stretching with Katia C. (Fitness Instructor)
 - Somatic Work & Resourcing with Hannah R. (Primary Therapist)
- 11:00am - 11:30am From Cottonwood to Continued Sobriety with Gene G. and Bryan J. (Alumni)
- 11:30am - 12:30pm Sustaining Spirituality with Elwood M. (Specialty Therapist)
- 12:35pm - 1:00pm Guided Imagery with Mark L. (Specialty Therapist)
- 6:00pm - 7:00pm Recovery in Action Meeting with Leslie W. (Executive Assistant)

Sunday, April 18th: 9am - 1pm MST

- 8:30am - 9:00am Zoom waiting room opens
- 9:00am - 9:15am Welcome from Tab H. (Medical Director)
- 9:15am - 10:00am Living a Life of Recovery with Randall R. (Primary Therapist)
- 10:05am - 10:45am Breakout Session (Please pick 1 to attend)
 - Making Meaning with Lenny S. (Cottonwood Alumni)
 - Finding Recovery Young with Christie M. (Director of Business Development)
- 10:45am - 11:15am Relearning Meaning through Recovery with Laura B.
- 11:45am - 12:45pm Making Meaning Out of Recovery (and Your Life!) with George D.
- 12:45pm - 1:00pm Recovery Countdown & Gratitude Check-In with Lola H.
- 6:00pm - 7:00pm Recovery in Action Meeting with Christie M. (Director of Business Development)