

# *Strategies for Change*

now offers:



# LifeRing

- Similar to AA, yet takes a secular approach
- Circle format
- Positive crosstalk encouraged
- Participatory

## Thursday evenings

### 6:00 -7:00 PM

*North Sacramento*  
4330 Auburn Blvd., Suite 2200  
(916) 473-5764

## First Meeting Dec. 13, 2007



**LifeRing**  
Empower Your Sober Self

Check out LifeRing on the web at  
[www.unhooked.com](http://www.unhooked.com)

[www.strategies4change.org](http://www.strategies4change.org)

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