

Spring is a time of Renewal and New Beginnings!



*At this time of year, many members within the Fellowship, as well as many who have tried but given up in the past, want to **motivate themselves to be healthier and happier**.*

Try this wonderful tool available for download!

Click on the link below

[Strong Abstinence Checklist and Writing Tool](#)

Work it with a Sponsor, a Sponsee, or a Program Buddy.

Remember, this is a "WE" Program!

This message is from the Region 3 **Twelfth-Step-Within Committee (TSW)**, reaching out to those who still suffer and to address relapse and recovery.

**KEEP COMING BACK!
IT WORKS WHEN YOU WORK IT AND YOU'RE WORTH IT!**