



MULTI-MEDIA VIRTUAL EVENT

LANCASTERCOUNTYRECOVERY.COM

We need your help with content creation. Since Lancaster County's largest Serenity Circle will be VIRTUAL, here's what you can do:

Recite the Serenity Prayer

Film yourself - feel free to include your sponsor/ friends/ family saying the Serenity Prayer. If you wish, start with sharing your name & the date you identify as your recovery date.

Define Recovery

Film yourself stating what recovery means to you. What your current recovery life is like & what you hope for your future recovery life.

5K Run/Walk for Recovery

Register using the link below & complete on your own time. Run or walk on your treadmill, city sidewalks, or down country roads. Participate individually or as a relay team, take photos or video of your experience & have fun!

RUNSIGNUP.COM/RACE/PA/LANCASTER/VIRTUAL5KRUNWALKFORRECOVERY

Be as creative, or as simple as you'd like. Uploading or sharing your video gives us permission to use the whole thing, or any clip, on our social media, on our website, or in our Recovery Day Lancaster VIRTUAL event. All content can be sent to: lancasterrecovery@gmail.com.