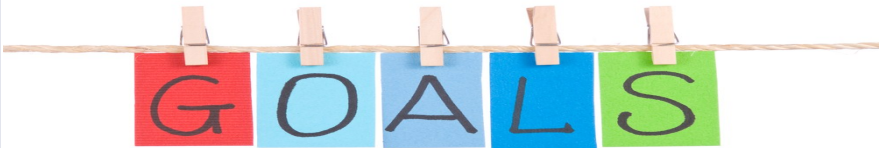


Happy 4th of July!!! There are 86,400 seconds in 1 day. 🕒 ☀️ Be thankful for the bad things in life that happen, they open our eyes to the good things we didn't pay attention to before. 🌈 What do you know about your illness, mental and/or medical conditions? I have type 2 diabetes and high cholesterol. I wrote down a lot of questions and then I read *everything* I could find about them. I understand now the differences in foods and how they work after we eat them. When I find recipes, I decide if I will make it or not and go from there. It's a great way to learn what works for you and keeps you busy too. Crisp Baked sweet potato French fries: ***Preheat oven 400*1 peeled sweet potato cut in fry-size planks. Put in bowl, sprinkle on 2 TBS corn starch; 1/4 tsp salt; and 3 TBS canola oil or olive oil and toss together coating all the fries. Arrange on a baking sheet in a single layer. Bake @400* 15-20 minutes.***



Health Goal

Quit: Smoking and the use of tobacco products is one of the leading causes of heart disease, lung cancer, and respiratory disorders. As such, tobacco use is a huge health risk and is a great barrier to reaching and maintaining a high level of health. Compeer has set a goal to be tobacco free. This means each member does his/her part to become tobacco free. There are free cessation programs available. Contact Donna at 788-0300 for more info.



“It’s as simple as being a friend”

In the Compeer program we would like everyone to have a peer match. If you have not yet been matched or have been matched but desire a change, call Donna to talk about it. If you are matched, make sure you make time for each other this month.



BE STRONG ENOUGH TO STAND ALONE, SMART ENOUGH TO KNOW WHEN YOU NEED HELP, AND BRAVE ENOUGH TO ASK FOR IT.





Compeer Calendar


July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 	5	6	7
8	9	10 Lunch and Linger	11	12	13	14
15	16 Donna's Vacation	17 Donna's Vacation	18 Donna's Vacation	19 Donna's Vacation	20 Donna's Vacation	21
22	23	24 Potluck	25	26	27	28
29	30	31				


July 10th Please join us for Lunch and Linger 11:00 am at Subway on the square, it will be at 4 North Park Place. We will stroll through the Farmers Market and enjoy the food, free entertainment, and shopping on the square will be fun.

July 24th Potluck on the sacred mounds will be a good time in Heath at the Earth Works Park at 455 Hebron Rd at 5:00pm. Please remember to bring something to drinks. We can visit the museum and play ball under the trees. It will be hot so dress for the weather.

From July 16 until July 20th Donna Wayt-Lee will be on vacation. If you need someone to talk to, please call our office (740)522-1341.



Art Journaling Thursdays at The Main Place 12:00 –4:30pm. You can recover from anything with a little hard work and some glitter. Join us and learn how to create a journal that reflects your personal recovery experiences. Mental illness, 12 step, self-love...art is a powerful tool for those who are serious about changing their lives. You don't have to be an artist to become one. We're a lot of fun and the music is mellow. End the stigma of mental illness by making friends and enjoying a day of messy fun.



Don't forget to check out our private Facebook page. It's listed as a group. You send me a request and I will add you to the group. This way we are able to communicate with each other through social media. Home bound friends will be able to blog and join in on the conversation! # **Compeer Circle of Friends**

Consider attending a support group... *It's the kind of place where you can be yourself, really talk about your challenges, and find encouragement and strength for your recovery journey. All support groups are free and meet at Mental Health America, 65 Messimer Dr. Newark, Ohio, unless noted. Dates and times are as follows:*

Survivors After Suicide Lose 6:30-7:30 pm 2nd Tuesday

Depression & Bipolar Disorder 3:30-4:30 pm Every Wednesday

Obsessive/Compulsive Disorders (OCD) 7:00– 8:00 pm 2nd & 4th Thursdays

Survivors of Childhood Sexual Abuse, Call for information 740-788-0303