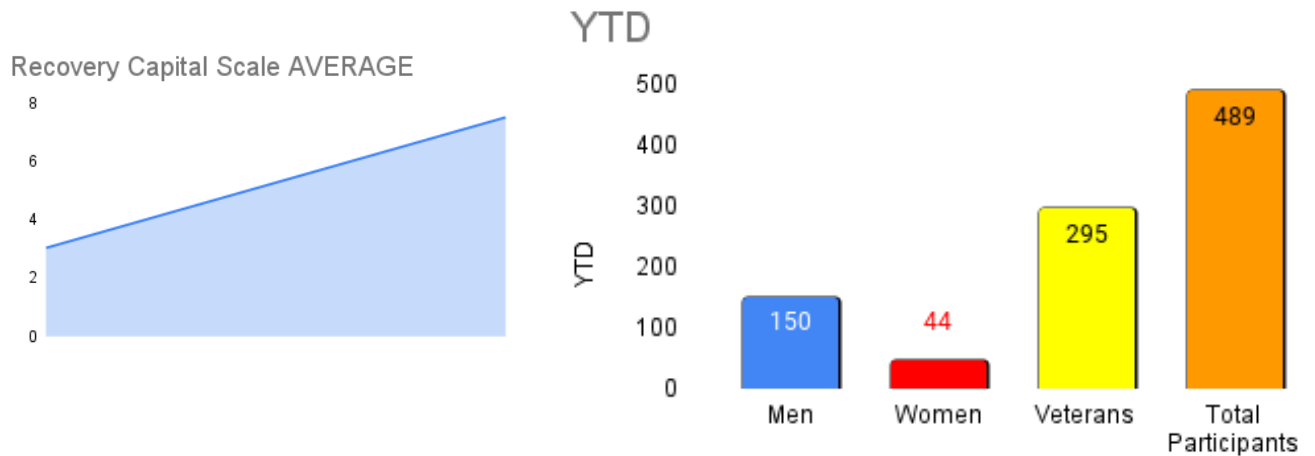
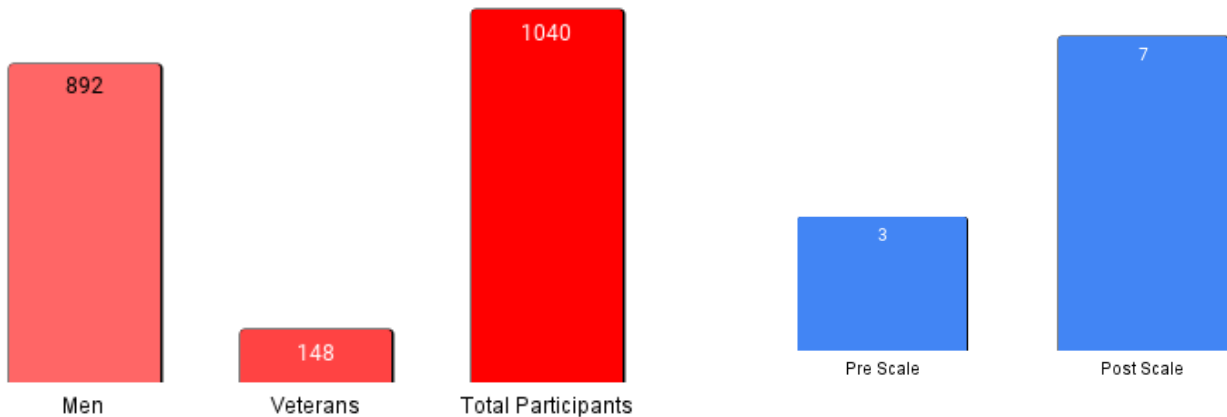


## Treatment Center Programs

### Twin Lakes Treatment Facility



### The Potter's House



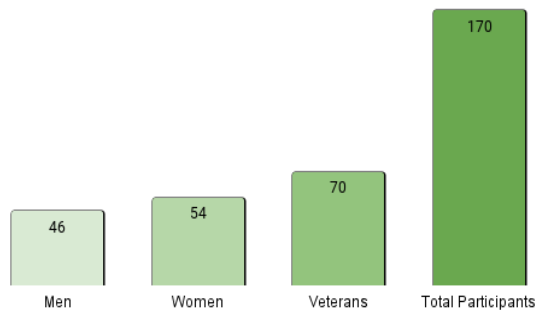
Since we started in February of 2023, we have impacted 1,529 individuals with our fitness programs alone. What that means is we have connected with over 1,500 individuals in treatment for substance use disorder and mental health challenges by making them more healthy, and confident, and helping them work and achieve their wellness goals. We have given them a community to connect with once they leave the treatment setting who understands their challenges and will continue supporting them

and help them get connected to the recovery community. In this safe space, they can thrive.

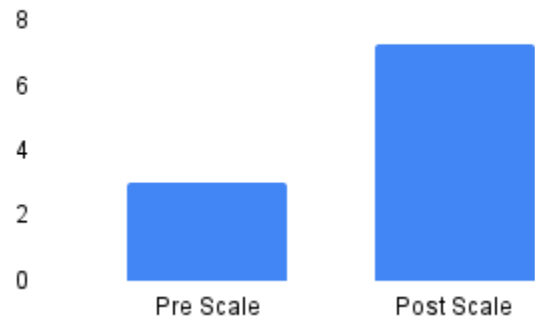
## Community Fitness Programs

### Weightlifting Group

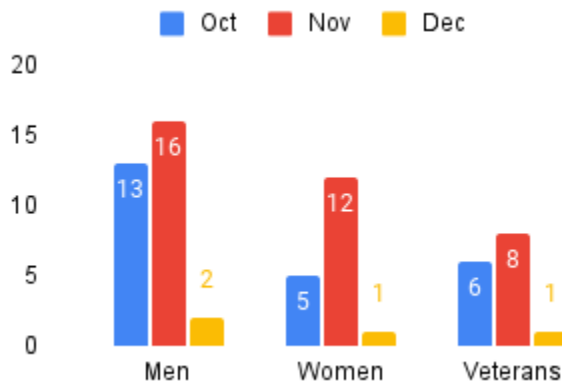
Demographics



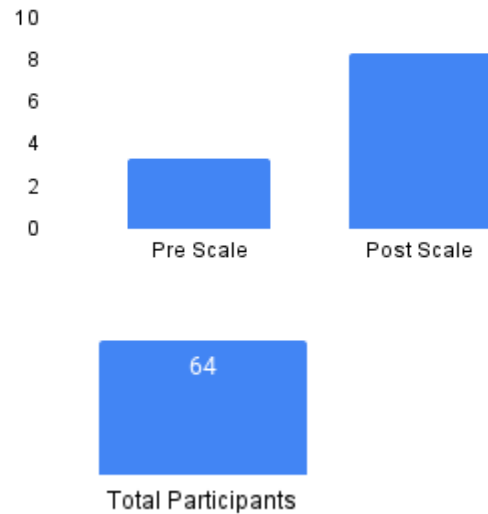
Recovery Capital Improvement



### Warrior Kickboxing Group



Recovery Capital Improvement

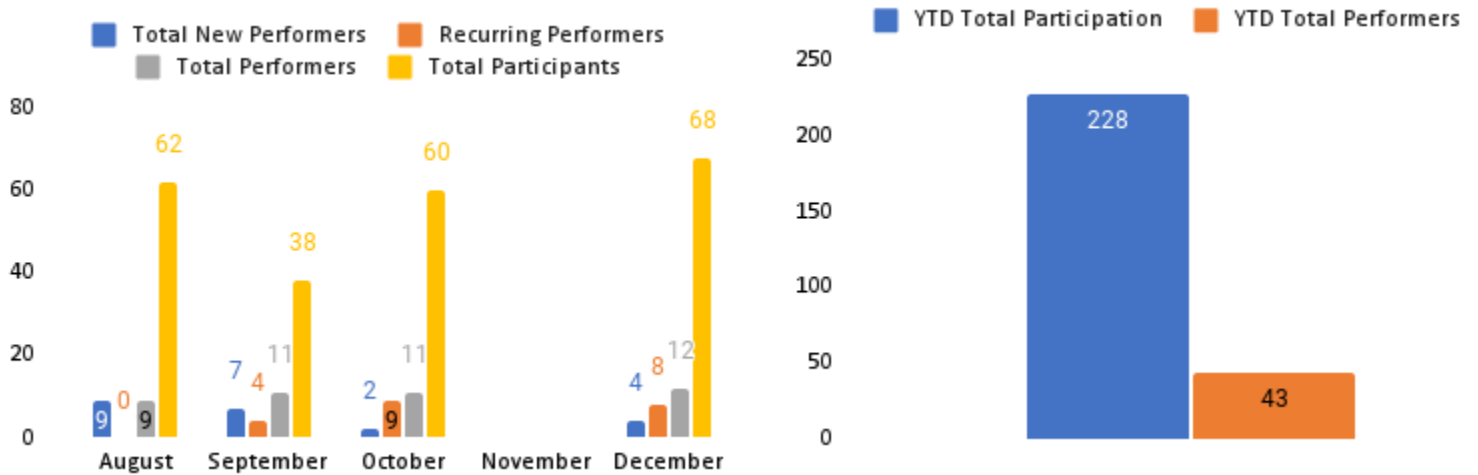


Our community fitness programs have impacted 234 individuals in 2023 with substance use disorders and mental health challenges. We have offered 48 Free Fitness classes! We have created a community where sober people can come together and connect with other like-minded individuals in recovery. At the beginning of each workout, we ask each participant to rate their overall wellness before the class and after shown the

average reports a 3 out of 10 and after the session, the average is 7 out of 10, so we are seeing that wellness is being impacted through our programs.

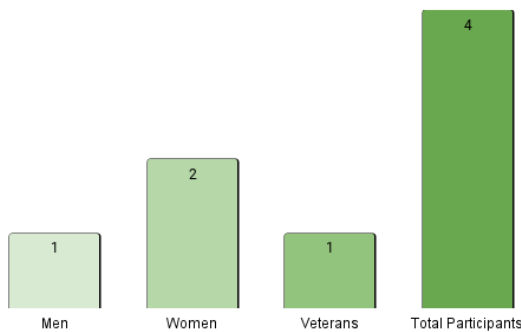
## Community Art Programs

### Recovery Resonance: Open Mic Night of Healing



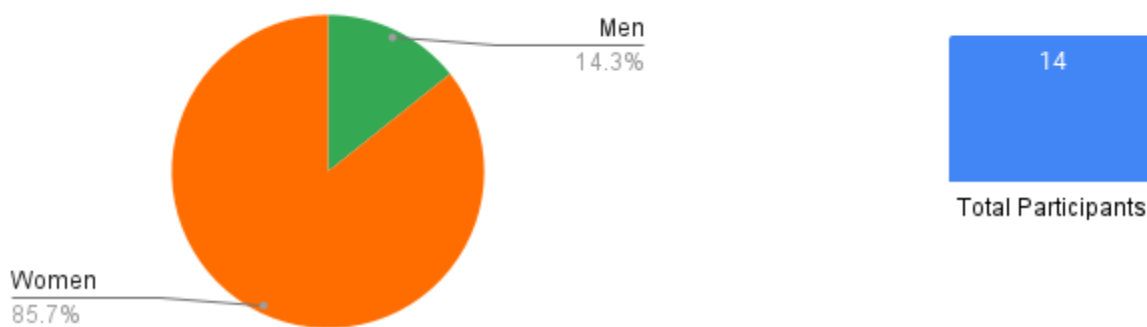
### Art Expression Group

Demographics



### Creative Recovery Group

December



Recovery Resonance has created a space for 228 people from the recovery community, a safe space to connect. It has given a platform for 43 people in recovery to perform on stage expressing their creative outlet through music, art, poetry, and comedy.

So far, our Art Expression and Creative Recovery groups have impacted 18 people in recovery and have given them a space to create and connect with others in the recovery community.

Overall, Athens Recovery Warriors has provided over 102 FREE classes to the recovery community, we have served 2,009 individuals in recovery from SUD, and mental health challenges. We have created opportunities for connection and new ways for these individuals to connect with others in the community through fitness and art, as well as helped them set goals, work goals and accomplish goals. Our goal for 2024 is to continue providing these services for free and to have our own space that the recovery community can call home. A space for connection, and mind-body connection through the power of fitness and art!