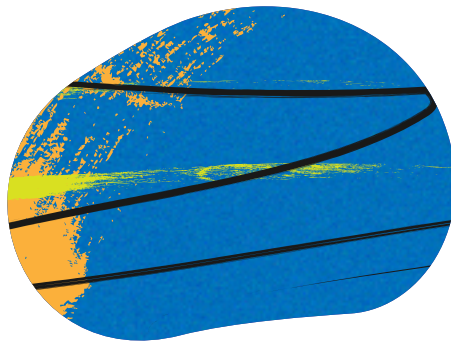
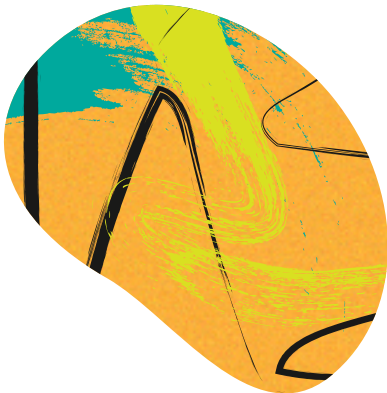
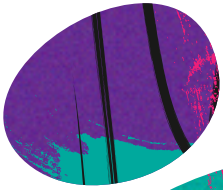




Your Story Matters.

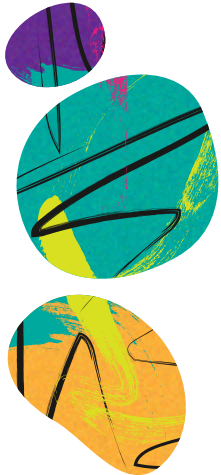
RECOVERY = WELLNESS

Sharing your story of recovery, and journey to wellness, helps others get well too.



During Recovery Month we celebrate the millions of people who have found, are finding, and have yet to find this path to hope, wellness, and personal growth.

We invite you to share your story with us and be a part of an inspirational campaign to celebrate recovery and wellness in Connecticut this September.



Share Your Story

1. What does recovery mean to you?
2. How has your life changed since you began your path to recovery/wellness?
3. What pathways and/or strategies have been successful for you on your journey?
4. Can you share a struggle you've had while on your journey and handled it constructively?
5. Relating to work/career- has your employer been supportive of you and your recovery?
6. What message would you share with others still struggling?

Send your video story and signed media consent form to:
CelebrateRecoveryMonth@gmail.com

Video Recording Guidelines

Use the camera on the back of your phone.

Record in landscape mode - horizontally instead of vertically.

If your phone allows, overlay a grid on your screen. This will help keep your phone level and avoid tilted footage.



Avoid shaky footage by using a tripod.



Be in a well lit space.



Have a clean background.



Speak loud and clear.

