

# WRAP® for Life

## (Wellness and Recovery Action Plan)

WRAP is a self-determined plan, widely used all over the world both as a preventive strategy and as a way to address all kinds of mental health, physical health, and life issues. These workshops include Wellness Recovery Action Plans designed to address specific issues such as smoking cessation, weight gain or loss, aging, or diabetes. *WRAP for Life* teaches you how to adapt WRAP for any issues you wish to address.

*WRAP for Life* can serve as your day-to-day guide for working on personal issues like raising your self-esteem and self-confidence, developing a strong support system, enhancing your relationships with family members and friends, making new friends, learning to be more assertive, increasing your career or vocational competencies, and enriching your life. It is used to help address issues related to "whole" health.



## WRAP® for Life at the VA

### (Wellness and Recovery Action Plan)

#### Topics include:

- **WRAP® for Diabetes Management**  
Friday, March 30, 2018      Friday, April 6, 2018      Friday, April 13, 2018
- **WRAP® for Issues Related to Aging**  
Friday, April 20, 2018      Friday, April 27, 2018      Friday, May 4, 2018

Where? **Lincoln VA Hospital**  
Building 2, Room 200  
600 S 70<sup>th</sup> Street  
Lincoln  
When? 1:00 pm – 4:00 pm

## WRAP® for Life at the Orchard

### (Wellness and Recovery Action Plan)

#### Topics include:

- **WRAP® for Becoming A Non-Smoker**  
Thursday, May 10, 2018      Thursday, May 17, 2018
- **WRAP® for Weight Loss**  
Thursday, May 31, 2018      Thursday, June 7, 2018  
Thursday, June 14, 2018      Thursday, July 5, 2018

Where? **The Orchard**  
300 South 13th  
Lincoln  
When? 1:00 pm – 4:00 pm

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

I would like to register for the following workshops:

- Diabetes Management
- Issues Related to Aging
- Becoming A Non-Smoker
- Weight Loss

#### To register, call or e-mail:

Dusty Lord

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All participants will be provided with a "WRAP® For Life" book. Group is offered at no cost to participant.

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