

AZPIRE WELLNESS CENTER

2529 E. 7th Avenue Flagstaff, Az 86004

Invites you to our 2nd Annual Open House

Arizona Peers In Recovery By Empowerment Wellness Center has been operating in Flagstaff since 2001. A.Z.P.I.R.E. has been meeting the needs of people with mental illness in a peer-run setting and in collaboration with Southwest Behavioral Health (SWBH) and The Guidance Center (TGC). A.Z.P.I.R.E. is located in front of the plaza on 7th Avenue in a shaker-style building with shingles down the sides. A monthly calendar is always available in the foyer with a listing of our support groups, healthy cooking classes, crock-pot cooking, community integration and activities that A.Z.P.I.R.E. has to offer to people and families in recovery.

AZPIRE is funded through HCIC. Your generous donations and the proceeds from the selling of art created by members go to our Member Activity Fund. This is used for outings into Flagstaff where peers (members) learn how to talk to people about living with mental health problems and the stigma surrounding mental health, volunteer at local organizations to help others, buy ingredients for healthy cooking classes, go bowling for physical wellness and go to movies which are related to recovery.

We are proud and excited to be celebrating 15 years in Flagstaff! Please come join us, whether you are a local citizen or work with the disadvantaged of Flagstaff. Come early as we are honored to announce our guest speakers:

- ❖ Dr. Emily Davenport from Flagstaff Clinic of Naturopathic Medicine- 10:30
- ❖ David Bonnell, AZPIRE Center Manager-11:00
- ❖ Amanda Lanigan from Northland Family Help Center- 11:30
- ❖ Dawn Masters, Peer Support Navigator- 12:00
- ❖ Heather Cotes from Southwest Behavior Health- Time to be announced
- ❖ Joany Simonds from The Guidance Center- Time to be announced

The lunch for our Open House has been generously donated by local businesses and restaurants. Come and celebrate with us! RSVP to dmasters@nazcare.org is requested, but not required.