

# Community Education Series

The Recovery Village and Advanced Recovery Systems

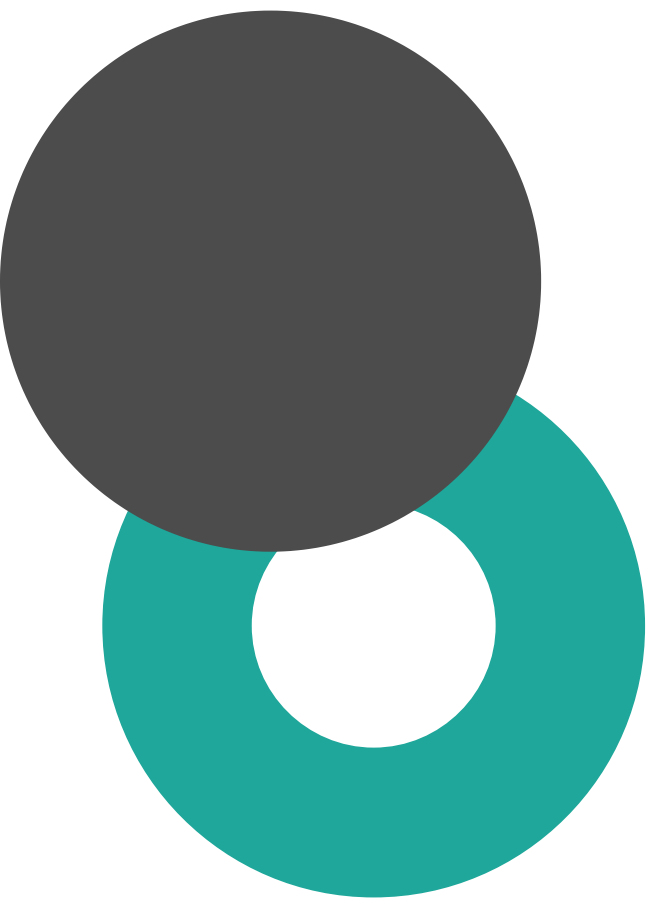




**Presentation Topic:**  
Embracing Change

**Speaker:**

Amanda Marino, BS, CLC, CRC  
Next Level Recovery Associates



# About the Speaker:

## Amanda Marino

BS, CLC, CRC



- Amanda Marino is a certified Recovery and Life Coach, certified Interventionist who holds a Bachelor of Science in Alternative Medicine. She works extensively with individuals, who are hurting from low self-esteem, addiction, and mental and emotional barriers.
- In the past, she has dealt with her own struggles from addiction, abuse, and body dysmorphia. Amanda now has dedicated her life to guiding individuals growth and believes that empowerment is not just about surviving your past traumas, but rebuilding your life to one of; happiness, purpose, and fulfillment.
- It's Amanda's passion to see that you reach your full potential, in having the life you always dreamed of. "You've already walked this journey alone, let me walk beside you"- Amanda Marino

# We're All in This Together:

- Remember this isn't happening to YOU but instead it's happening to all of us
- Be Gentle with yourself.
  - Take Down Time When You Need It
  - Whatever you get done is OK
  - No Expectations of Self

# Create a Sacred Place

- Have a place in your home you can retreat to
- Go for a Walk alone
- Noise-Canceling Headphones
- Relaxation Essentials

# Use Time Wisely

- Pick up a new skill
- Finding a project around the house
- Complete something you've always wanted done
- Earn new certifications

# Get Creative

- Utilize this time to create family memories
- Do something fun and outside the box
- Find ways for you and your family to express yourself in healthy and creative ways

# Eating Healthy

- Over-eating isn't an outlet
- Cooking healthy meals
- Planning ahead
- Eating Balanced
- Avoid stashing Sweets in the home
- Use Pinterest to find creative recipes
- Healthy Food/Healthy Mind



# Move Your Body

- From easy to hard
- Free classes online
- Be open to new workouts
- Provides a healthy escape
- Endorphins = Feel good!

# Next Level Recovery Associates Inc.

- Services Include:
  - Recovery Coaching
  - Family Coaching
  - Life Coaching
  - Wellness Coaching
  - Interventions
  - Consulting
  - Sober
  - Companion/Transport

**QUESTIONS?**

**THANK YOU**

