

WRAP

Wellness

Recovery

Action

Plan

WHEN?

Mondays 10:00AM-11:30AM
April 22nd-June 17th (8 weeks)
(no class May 27th)

WHERE?

GRUNDY COUNTY HEALTH DEPARTMENT
1320 Union Street, Morris

SIGN UP?

815.941.3404
Call to Register

Who Should Attend WRAP?

Anyone who wants to develop an organized way of working on their wellness and handling daily stress

"WRAP gave me a guidebook for my life that I designed during the class. I feel more prepared to handle stressors as they come my way." -Past WRAP® Participant

"We can't prevent stress from happening, so we might as well as plan for it! WRAP® is the way to do it!" -Past WRAP® Participant



Public Health
Prevent. Promote. Protect.
Grundy County Health Department



nami | **Will-Grundy**
National Alliance on Mental Illness



United Way of Will County & Grundy County