

# **SDC PARTICIPANT LEARNING COMMUNITY MEETING ON FEBRUARY 21, 2012**

**Come learn about:**

**Recovery – Ricardo Aguilar**

**Nutrition & Exercise for Wellness & Recovery – Session 2 – Anna Salazar**

**Yoga & Massage for Recovery – Tzivia Stein-Barrett, LCSW, RYT, LMT, CP**

**Lunch Provided (Healthy Lunch)!**

**Event Location and Time**

**Urban League of Greater Dallas**

**4315 S. Lancaster Rd**

**Dallas, TX 75216**

**RM 168**

**11:00 AM to 3:00 PM**

**Transportation**

**Event can be accessed by riding the DART Rail – Blue Line  
and stopping at the VA Medical Center which is catty-cornered across the  
street from the Urban League. The Urban League is on the opposite side of the  
street from the VA Hospital about 50 to 100 yards north of the rail station. It  
is also on the bus line.**

