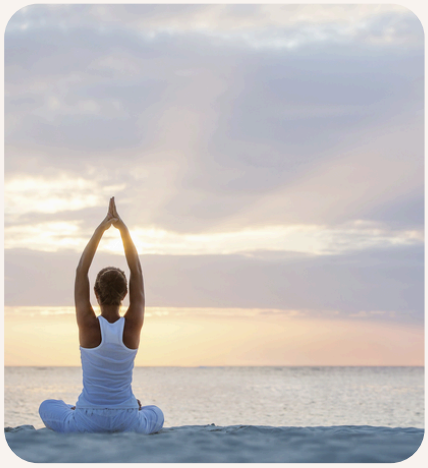
FREE

In Honor of International Overdose Awareness Day:

Narcan Training & Recovery Yoga Class



1:00-1:45pm Narcan Training w/ Community & Family Resources	Learn the basics of opioids and opioid overdose including the risk factors, signs of an overdose, and how to respond. Attendees will receive free Narcan (while supplies last).
2:00-3:00pm Recovery Yoga w/ Instructor Noelle	Experience the health advantages of yoga in a loving and non-judgemental environment. Come with an open heart, a water bottle, and yoga mat if you have one! No experience necessary.

August 14th at North Liberty Library

(520 W Cherry St, North Liberty, IA)

COMMUNITY & FAMILY RESOURCES
Inspiring prevention, treatment and recovery

All are welcome to attend one class or both! Reach out to OpioidResponseIC@CFR.org with any questions.

IOAD 2026
25 YEARS ON. STILL NEEDED.