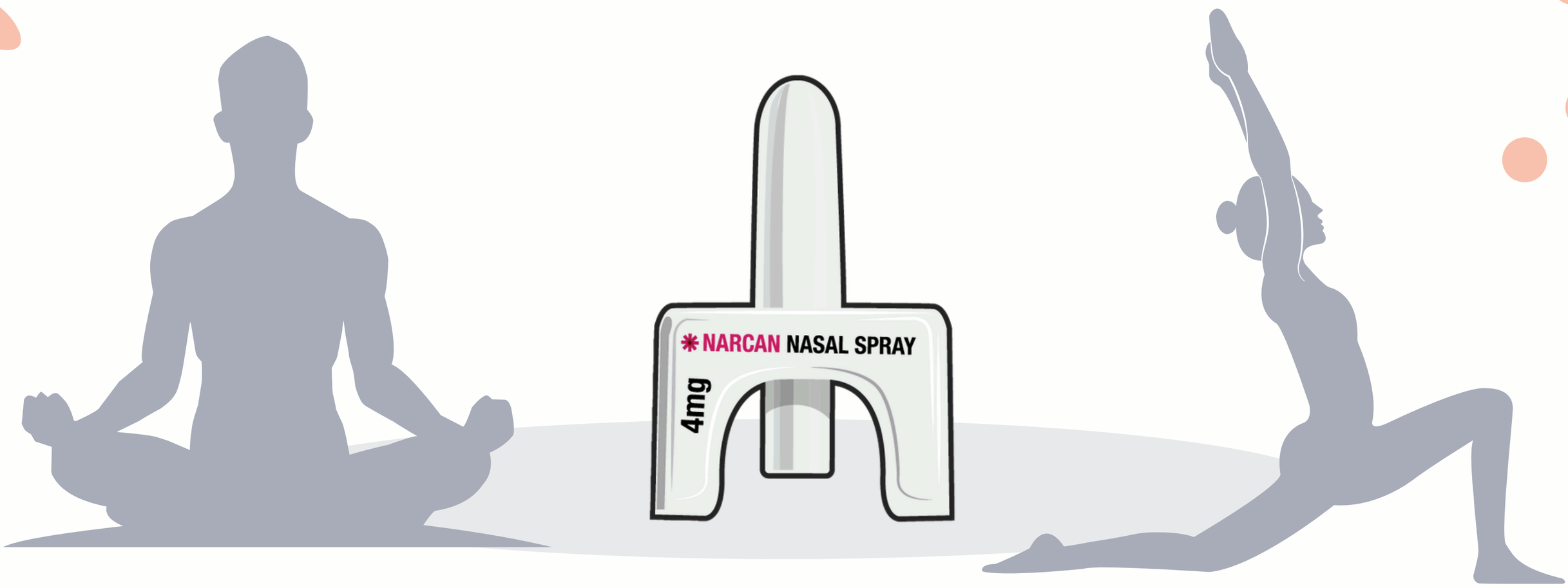
In honor of
International Overdose Awareness Day:

Free Narcan Training + Recovery Yoga Class



Friday August 21st at Iowa City Public Library
(123 S Linn St, Iowa City, IA 52240 *Room A*)

4:15-5:00pm Narcan Training	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).
5:30-6:30pm Recovery Yoga w/ Noelle	Experience the health advantages of yoga in a loving and non-judgmental environment. All you need is a water bottle and an open heart. No experience necessary.

All are welcome to attend one or both events!

COMMUNITY & FAMILY RESOURCES
Inspiring prevention, treatment and recovery

Reach out to OpioidResponseIC@CFRhelps.org with any questions.

IOAD 2026
25 YEARS ON. STILL NEEDED.