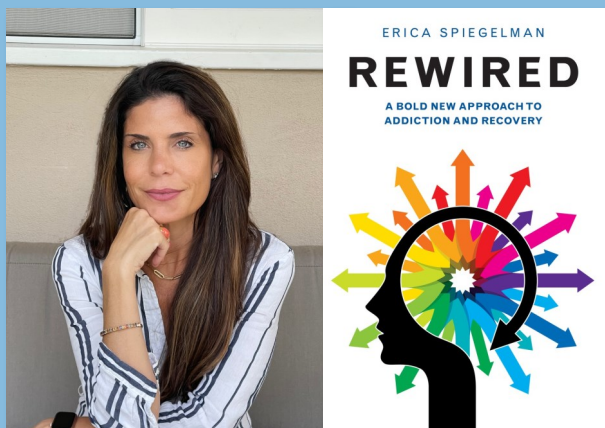


Men's Second Chance Living & The Community Library



Erica Spiegelman is an addiction specialist, counselor, motivational speaker and author of *Rewired: A Bold New Approach to Addiction and Recovery*, which offers a completely new treatment modality focused on how individuals can rewire their brains, change their behavior, and bring about positive change in their lives.

She holds a Bachelors degree in Literature from the University of Arizona and a degree as a California State Certified Drug and Alcohol Counselor (CADAC-II) from University of California, Los Angeles. Erica works with several treatment centers in California.

Erica is a regular contributor to online health outlets, TV news shows, and podcasts. She also is a speaker and hosts workshops for public, private, and clinical purposes, focusing on addiction, health, and wellness. Learn more at www.ericaspiegelman.com

PRESENT
“REWired” A Wellness Speaking
Event Featuring

**ERICA
SPIEGELMAN**

SEPTEMBER 15, 2022

The Community Library

6:00 - 7:00pm Talk

7:00 - 7:30pm Reception in Courtyard

Spiegelman will provide an overview of the four cornerstones of self care: physical, mental, emotional, and spiritual, and will explore how they are intricately connected to recovery from addiction. This event provides attendees with a rich opportunity to connect with Erica, learn adaptive coping habits, identify triggers and challenges, and discover new pathways for personal growth.

The presentation will be livestreamed on the Library's Vimeo, and a recording will be available for 24 hours after the event ends.

FREE ADMISSION
REGISTRATION IS RECOMMENDED
Martha Williams (208) 726-3493 info@comlib.org