

11th Annual Event!! Saturday, October 12, 2019

Many Paths

FREE
Recovery Event,
Lunch \$10

One Destination

Celebrating recovery, spirituality & fellowship

This annual event gathers people from the many paths of recovery to celebrate our common goal of freedom from addiction, to increase awareness of addiction and recovery, and to inspire collaboration and community.



Andy Gold: Comedian, Event MC. Comedian and Event MC. Andy has appeared at festivals and comedy competitions, including Boston Comedy Festival, San Diego Comedy Festival, Laugh Your Asheville Off, and Comcast's Trial by Laughter. Andy's comedy can be heard regularly on Kevin Hart's Laugh Out Loud network. Andy draws humor from all parts of his life, including the nearly 10 years he spent in active heroin addiction. Andy is a favorite at recovery events and treatment centers across the country.



Randy Grimes: Athletes in Recovery. As a former NFL player with the Tampa Bay Buccaneers for 10 years, Randy used prescription pills to treat his career-related injuries, fueling an addiction that would last for 20+ years. Upon retiring from the NFL, Randy fell deeper into his addiction—eventually jeopardizing his family and risking everything. Finally, Randy asked for help. "I literally crawled into treatment. I prayed that God would open the gates of heaven and let me in. Instead, he opened the gates of hell and let me out!" A strong advocate for recovery, Randy launched "Athletes in Recovery" to remove the stigma of addiction and help athletes, their families, and others find addiction treatment and recovery resources. Randy is a frequent commentator on NFL Network, Anderson Cooper, CNN, Fox Sports, MSNBC, SiriusXM Sports, and others. 1 CEU*



Kyczy Hawk: Recovery Yoga. With 30+ years in recovery, Kyczy knows the damage done to body, mind, and spirit by addiction. Since 2008, Kyczy has been teaching recovery-based yoga, which combines the foundation of traditional yoga with the wisdom of 12-step recovery. She leads classes in yoga studios, jails, recovery homes, and halfway houses. She is a certified Yoga of Recovery (YoR) Counselor. She trains others share recovery yoga through her S.O.A.R.™ program and as a Y12SR Leadership Trainer. Kyczy authored "*Yoga and the Twelve Step Path*" and other recovery yoga books. She hosts "Yoga Recovery" online "In the Rooms". 1 CEU*



Chris Packham, BA, LAADC: Recovery, Nutrition, and Exercise. Chris has been in the MMA (Mixed Martial Arts) field for 32+ years. He has a 5th-degree black belt in American Kenpo Karate Association and 2nd-degree black belt in JA (Jiu-Jitsu America). He retired from Professional Kickboxing 14 years ago. Chris is currently the IOP Director for New Life Recovery Centers. He has a degree in Nutrition and is a certified physical trainer, as well as a motivational speaker with the Less Brown Institute. He authored "*Take the Meat and Leave the Bone. If it Doesn't Apply Let it Fly*" and "*Wake Them Up. They'll Listen To You!*" a psychoeducational book. 1 CEU*

9:30-10:00	Coffee. Meet/Greet Randy	12:30-1:30	Spaghetti Lunch. Eric Clapton Video
10:00-10:30	Andy Gold – Event Opening	1:30-1:45	Door Prizes
10:30-11:15	Chris Packham	1:45-2:30	Randy Grimes
11:15-11:45	Break, Door Prizes	2:30-3:00	Silent Auction, Break, Door Prizes
11:45-12:30	Kyczy Hawk	3:00-3:30	Andy Gold – Event Closing

Come and learn about the many paths to recovery. Information from 12-step programs and other recovery methods will be available.

***Earn up to 3 Continuing Education Units (CEU)** offered in partnership between Many Paths One Destination and Connections Counseling Associates Continuing Education Program. **\$10.00 fee for CEUs.** Inquire at the registration desk.
CAMFT/CEPA 013719 (LMFT/LCSW/LPCC) 4S-94-277-1119 (CADCI, CADCI, LAADC, CCJAP)

Lincoln Glen Church, 2700 Booksin Ave, San Jose, CA 95125

For more information, to contribute, or to volunteer, contact Bill 408-591-5245 or Gary 408-593-8618 or visit us at manypathsonedestination.org. Many Paths One Destination is a non-profit organization EIN 46-2818601