



FIT TO RECOVER

EXERCISING RECOVERY

*'Twas the night before Christmas and all through the gym
Every member was sweating, all muscled and trim.
The music was blaring while kettlebells swung;
People leaping and laughing -- like toys come unsprung!*

*In the kitchen upstairs there wafted great smells,
"Cook lentils and veggies - eat healthy!" Tess yells.
The FTR garden, so verdant and lush
Nestled down for the winter in a quiet brown hush.*

*A group could be heard who was wild with glee
at the murals they'd painted of mountains and trees!
Others dashed off their feelings in powerful prose
Describing their journeys -- the highs and the lows.*

*Our service director was busy in prep
to speak at a vigil on the Capitol steps.
Her passion and care for the homeless is stunning
And each year we've joined her with tears and much hugging.*

*When what to my wondering eyes should appear,
but Ian and Georgia and 8 staffers of cheer!
"We're grateful to each of you for this healthy, safe place.
You've given us community, and a world full of grace."*

*Quinn's bench stood in the snowfall, a reminder of those lost,
For we all know addiction holds terrible costs.
We will be here for everyone who wants to recover
And stand strong as a family of sisters and brothers.*

Our nation's drug crisis strategies lack supportive, healthy, post-treatment community building efforts like FTR. Please help us grow and show the world that THIS is what recovery looks like! Your donations will support our 4-pillars of recovery: Exercise, nutrition, creative arts and community service.

Happy holidays and thank you from all of us at FTR!