

2 NEW MEETING OPPORTUNITIES!!

Nine Morning Habits to Start the Day Right

1. Wake Up Early! Early risers reap many benefits!
2. Smile and Think Something Positive!!
3. PRAY!
4. Make Your Bed!
5. Brush Your Teeth and Scrape Your Tongue!
6. Drink Warm Water with Lemon!
7. S T R E T C H!!
8. Meditate!



9. GO TO A MEETING!!

ALVIN GROUP CONSCIENCE

Is proud to introduce 2 new sunrise meeting times!

MONDAY - 7AM
&
SATURDAY - 8AM