



FITNESS FUELS TRANSFORMATION

by Danica Willis

Every Friday afternoon, I have the opportunity of attending a wellness workshop as part of our Fully in Transformation (FIT) initiative. These workshops are led by one of our Academy Ambassadors, Harold Hedley a.k.a. "Coach Hal" and involve different forms of exercises. The class is enjoyable for both the exercise and camaraderie and I am able to participate from the comfort of my chair, due to my current limited mobility.

We incorporate the 8-Dimensions of Wellness into our work-ordered day and these workshops are not only physical wellness, but include social and spiritual wellness. I've been attending the past two months and look forward to Friday afternoons. It has definitely been a great motivation. A heartfelt thank you to the Academy and Coach Hal for helping me reach my wellness goals.

I believe having this opportunity every week has inspired me to strive for healthy living everyday. It gives me empowerment to not only my physical health, but my mental health as well!



Coach Hal (Center) and members Jason Sulimay and Danica Willis accepting MVP medals.

SAVE THE DATE

AUGUST 13, 2026
7-8pm EST

8th Annual LIVE
from the Academy

Discover the magic of
mental health recovery

Watch our Promo video:
AcademySRQ.org/Live



Members at the 4th Annual Art of Recovery Show & Sale in 2025

PLANNING CREATIVE SUCCESS

by John Peacock

Although our 5th annual Art of Recovery Show & Sale is still about six months away, preparations are already underway to make this year's event our best yet. Members recently gathered for a planning meeting to begin organizing the art exhibition and discussing ideas for showcasing the incredible creativity within our Academy community.

Starting the planning process early gives artists plenty of time to create, complete, and prepare their work for display and sale, while also encouraging more members to participate in this exciting annual event.

Early planning also allows us to coordinate the layout of the art show between both the Academy at Glengary and the Academy at Bradenton members. By knowing how many artists will be participating, we can thoughtfully arrange each room to highlight every piece and create an enjoyable experience for visitors.

The annual Art of Recovery Show & Sale is a wonderful opportunity to celebrate the talents of our members, and we're looking forward to another inspiring event that showcases the creativity, dedication, and imagination found throughout our Academy community.

SAVE THE DATE: SATURDAY, DECEMBER 12, 2026

INDEPENDENCE DYE



Members and staff creating tie-dye T-shirts at a recent social

In preparation for the 250th anniversary celebration of our nation, we had a red, white and blue tie-dye social last Thursday evening. Everyone who participated was tie-dyeing for the very first time. We watched a few tutorials online and then hit the ground running. Look at how beautiful our shirts turned out! Tomorrow may be the 4th of July, but at the Academy, it's always the summer of love!



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