

REGISTER NOW!

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LIFE IMPROVEMENT

Challenge Yourself

WELCOME

SEPT
4
2022

90-Day AF Challenge

- Education
- Support
- Group Meetings
- Sober AF T-shirt



Join us at any time
during the 90 days!

FOR MORE DETAILS VISIT WWW.NICKYTAMBERRINO.COM



NEXT UP

NEW CHALLENGES EVERY MONTH

10/3: JOURNALING

11/7: AFFIRMATIONS

12/5: CREATIVE WRITING

Send ideas for future sessions to
nicky.tamberrino@gmail.com