

## Climbing to a Sober Midlife



Do you have long term goals for the second half of your life, but addiction is slowing you down? Have health problems developed, from your life of partying? How can you climb out of this hole? Staying sober can feel like youre climbing up the presidential mountain range in New Hampshire. Many first responders- Firemen, Police, Military, Nurses and Social Workers- see families in Crisis. Dealing with the Emergencies daily can take a toll on their families, and relationships. See how they deal with this pressure and still stay sober. Exploring your family history can give insight into what you can do in your future. Practice new things that you have never been able to do when drinking. Have you wanted to run a race, or swim at the local club? Have you wanted to further your career, by attending college? Find your passion. Staying sober is the first step in enjoying your midlife, and beyond!

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