

# SHERECOVERS

*We're stronger together.*

## **MEDIA CONTACT:**

Laura Ward | WardComm Public Relations  
860.573.4809 | [laura@wardcommpr.com](mailto:laura@wardcommpr.com)

### **SHE RECOVERS BRINGS CYBER-SOBER MOVEMENT TO REAL LIFE IN MANHATTAN** ***Sold Out Inaugural Event Will Draw Online Recovery Community Together in Real Life***

**April 20, 2017 | New York, New York** – Harnessing the power and connectivity created via its online community over the past six years, She Recovers will bring the cyber-sober movement to real life at its upcoming **She Recovers in NYC** (#SheRecoversNYC) conference. An online village that embraces and advocates for women struggling with addiction, She Recovers includes more than 260,000 women from all backgrounds, most of whom know one another only through recovery blogs and private Facebook groups. Hundreds of women who have encouraged and supported one another for years will meet for the first time at She Recovers in NYC. The first in a series of innovative signature events designed to provide women in recovery the opportunity to connect, engage, share, and learn from one another, the conference will take place at the prestigious Conrad Hotel in lower Manhattan from Friday, May 5, through Sunday, May 7, 2017.

“Whether it’s alcohol or drug addiction; or food, work, and gambling addictions; or other life and mental health challenges such as abuse, disordered eating, anxiety and depression, codependency, trauma, illness, and grief, we are all recovering from something,” says She Recovers founder Dawn Nickel. “Having spent six years growing our online space for women in recovery and witnessing the incredible evolution of the cyber-sober movement, there are two things we know will always be true: We recover in different ways, and we are stronger together. We are proof that women can live a life of hope, health, and happiness in recovery.”

Sold out more than three months in advance, She Recovers in NYC will bring together over 500 women from across North America (and beyond) to connect, engage, learn, and share about the multiple pathways of recovery and wellness. The event’s keynote speakers and honored guests are all women who have been quite

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vocal about their own recovery from various addictions or other life challenges. They include:

- Elizabeth Vargas (*ABC News* journalist, *20/20* anchor, and author),
- Marianne Williamson (#1 *New York Times* bestselling author and spiritual teacher, speaker),
- Gabrielle Bernstein (#1 *New York Times* bestselling author and speaker), and
- Glennon Doyle Melton (#1 *New York Times* bestselling author, activist, and speaker).

Notably, Williamson, Bernstein, and Melton are each included on Oprah Winfrey's [SuperSoul 100](#) list – their personalities, books, and platforms have inspired tens of millions of women. Along with the keynote speakers, the conference will feature other special guests such as yoga teacher Elena Brower, interactive workshops, a vendor marketplace, yoga for recovery classes, a morning run, and a dance class. Ten female recovery bloggers, all leaders in the cyber-sober space, will promote, attend, and blog live from She Recovers in NYC. In order to address the growing demand for the event, [digital tickets \(livestream\) are also available](#).

Unlike the past, when there were limited recovery resources for women beyond 12 step programs, today there are a great many more options available. For example, recovery coaching, yoga, nutrition, fitness, medication assisted options, and other wellness approaches have become very popular. The cyber-sober movement has become a critical and integral component for women (and men) seeking to address their addiction problems. Private Facebook groups, blogging, online coaching and sobriety groups, video programs, and a host of other online tools are becoming increasingly desirable and accessible. She Recovers in NYC will showcase all these modalities, and more.

Building out from a mission statement that includes the mantras “we are all recovering from something” and “we’re stronger together,” She Recovers in NYC will continue to ignite and inspire the growing movement of women choosing to live clean and sober as they recover their lives and their potential.

### *About She Recovers*

Created in 2011 by Dawn Nickel and her daughter Taryn Strong, two recovering women from the Pacific Northwest, [She Recovers](#) began as a [Facebook page](#) and recovery retreat program that advocated for the adoption of many and multiple pathways of recovery for those struggling with addiction. The message resonated. The popular online social community has grown to a loyal and engaged following of over 260,000

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people, mostly women, recovering primarily from drug and alcohol, food, work, and gambling addictions, but also many who are recovering from other life and mental health challenges such as abuse, disordered eating, anxiety and depression, codependency, trauma, illness, and grief.

After four years of running a successful recovery retreat program in the United States, Canada, and Mexico, She Recovers took the next logical step and began planning and implementing larger events across North America. Nickel and Strong teamed up with professional event company Upfront Productions and several other recovery advocates and all set their sights on New York. After She Recovers in NYC, this female-only inspired and operated event will move on to Los Angeles and other large cities across the U.S., Canada, and beyond.

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## *The Recovers in NYC – Keynote Speakers*

### *Glennon Doyle Melton*

[Glennon Doyle Melton](#) is the author of the inspiring and hilarious *New York Times* bestselling memoir, *Carry*



*On, Warrior*, and the recently released #1 *New York Times* bestselling memoir *Love Warrior*. She is the founder of [Momastery.com](#), an online community where hundreds of thousands of readers meet daily to experience Glennon's shameless and laugh-out-loud funny essays about marriage, motherhood, faith, addiction, recovery, and serving the marginalized. Glennon is also founder and president of *Together*

*Rising*, which has raised more than four million dollars for women and children in crisis.

### *Gabrielle Bernstein*

[Gabrielle Bernstein](#) has been named “a new thought leader” by Oprah Winfrey. Gabrielle is the #1 *New York*

*Times* bestselling author of the books *The Universe Has Your Back*, *May Cause Miracles* and *Miracles Now*. Her other titles include *Add More ~ing to Your Life* and *Spirit Junkie*. She is a certified Kundalini yoga and meditation teacher. A “spiritual activist,” Gabrielle inspires and empowers women to heal themselves by sharing her own steps to recovery on her [blog](#).



## Marianne Williamson

[Marianne Williamson](#) is an internationally acclaimed spiritual author and lecturer. She has appeared on Oprah,



Larry King Live, Good Morning America, Charlie Rose & Bill Maher. Seven of her twelve published books have been *New York Times* bestsellers. Four of these have been #1. *A Return to Love* is considered a must-read of The New Spirituality. A paragraph from that book, beginning “Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure...” is considered an anthem for a contemporary generation of seekers.

## Elizabeth Vargas

[Elizabeth Vargas](#) is a popular television journalist and anchor on ABC’s Television newsmagazine *20/20*. Today,

she tells her own story, having penned the honest, hopeful and

inspiring *Between Breaths: A Memoir of Panic and Addiction*.

“Reading other people’s stories helped me enormously. It’s very scary to put it out there, but if I can help one person feel less alone,

then I’m really happy about that.”



## *The Recovers in NYC – Featured Presenters*

*Elena Brower*

*The Ritual of Recovery*



We all struggle with something. Treading the more difficult path ties us all together. In this spoken word performance, inspirational yogi, mama, teacher, artist and author [Elena Brower](#) ponders how hidden habits of all kinds can quietly wreak havoc on our lives, and shares eloquently about what she has done to shift hers. Elena is known for bringing a resonant, relevant voice that speaks directly to your heart. Her ground breaking yoga workbook, [Art of](#)

[Attention](#), has been translated into 5 languages, and her next book, [Practice You: A Journal](#), will be published in Fall 2017.

*Elizabeth Edwards*

*Singer/Songwriter*

[Elizabeth Edwards](#) is an award-winning singer songwriter, *Flight Records* Recording Artist, and Recovery Advocate. She is known for her graceful melodic style, rich lyrics and beautiful vocals but it's her message of recovery, hope, and transformation in songs such as "Surrender to Win," "Cut Me Loose," "Clean," and "Power to Change" that have garnered her a loyal fan base. As a person in long term recovery and with the support of [The Gene Duffy Foundation](#), she plays an active role in the recovery movement. You can learn more about her music and upcoming events at: [ElizabethEMusic.com](#) and her advocacy work at: [ThePower2Change.net](#).





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## *The Recovers in NYC Sober Blogger Team*

She Recovers in NYC is pleased to welcome 10 of the most popular female recovery bloggers. These sober influencers are recovery superstars selected to play a special role in the conference because of their important contributions to the sober-cyber movement. Throughout the event, these women will bring She Recovers in NYC to their online audiences via coverage on their blogs and Facebook Live broadcasts.

### *Jean McCarthy – UnPickled*

Jean McCarthy is the lead for the team! She began writing her [Unpickled](#) blog on her first day of sobriety. Jean drank quietly in private and managed to quit just as privately. However, she didn't stay quiet about her sobriety for long. Although Jean's blog started out as a tool to keep her accountable to her own sobriety, along the way she has encouraged and supported tens of thousands of women as they embark upon their own recovery journeys.

### *Laura Silverman – The Sobriety Collective*

Laura Silverman is proud to be sober and has NEVER been anonymous about sharing her story. Her opinion is that being anonymous keeps sobriety in the shadows and doesn't give it a face. She wanted to start something where sober people who are voluntarily and happily willing to share their stories and their passions can come and "meet" others like them. You will find her work on [The Sobriety Collective](#) website and blog. Laura's point is that there is so, so much more to sobriety and recovery than just 12-step programs. They can be part of the process but don't have to be the be all and end all.

### *Julie Elsdon-Height – Sober Julie Doing Life*

After facing her alcoholism and being involved in a car accident Julie Elsdon-Height began writing at [Sober Julie](#). This funky blogger takes the tired, unappetizing reputation about sobriety and turns it into a day at the circus. Julie's blog is jam-packed with ideas for food and drink recipes, travel tips and reviews, real stories of recovery, tips for sobriety, reflections on life, and tons of ideas for leading a better (more creative, more enjoyable) life.

### *Holly Whitaker – Hip Sobriety*

Sobriety isn't just about quitting alcohol and drugs. It's about getting after your best life and having everything you ever dreamed of. Holly Whitaker's individualized path of recovery not only helped her kick her alcohol, cigarette, pot, and food addictions but also gave her a life beyond what she could have dreamed for herself. Holly's goal is to share with others the same resources, tools, education, roadmaps, and inspiration that helped her navigate her own recovery. She does this by providing free resources via her [Hip Sobriety](#) website and blog, a weekly newsletter, the [HOME](#) podcast, and her online [Hip Sobriety School](#).

### *Laura McKowen*

Laura McKowen is a mama, writer, light-seeker, and recovery warrior. She believes we desperately need each other's most honest stories—to know that we are not alone, to learn how to move through life, to remember who we are. Laura writes about her struggle with addiction, her journey to sobriety and love of all kinds on her blog at [Laura McKowen](#). She is the co-host of the [HOME](#) podcast alongside Holly Whitaker of [Hip Sobriety](#).

### *Sasha P. Tozzi*

Sasha P. Tozzi is a Recovery/Lifestyle Coach and writer who can be found online at [Sasha P. Tozzi](#). She believes in hope, healing, and daily miracles—beyond what is considered reasonable to most. Her passion is to teach others what she has learned so far and to show them that they have the power to break free from their addictions and other self-sabotaging patterns. She helps people to RECOVER themselves because she believes that life is way too wonderful to spend it hating yourself.

### *Kelly Fitzgerald – Sober Señorita*

Kelly Fitzgerald's goal is to let others know help is available for substance use disorders and that recovery is possible. By sharing her story with the world via her website and blog [Sober Señorita](#) she hopes to break the stigma of addiction and let others know they can live a life beyond their wildest dreams without the crutch of alcohol and drugs.

### *Julie Maida – Sober Mommies*

Sober since May 2, 2000, Julie Maida founded [Sober Mommies](#) after a severe bout of postpartum depression, OCD, and agoraphobia made it impossible for her to keep up with her 12-step recovery responsibilities. Julie soon realized how much recovery support often depends on regular meeting attendance, and how lonely it can feel without such support. The purpose of Sober Mommies is to provide a space where different experiences and journeys can be embraced and used as tools for learning. Julie understands recovery doesn't always include complete abstinence or 12-step work, and Sober Mommies thus celebrates any and all efforts to improve quality of life.

### *Veronica Valli*

As a recovered alcoholic and drug addict Veronica Valli know what it takes to recover from an addiction. She uses her personal experience to help and inspire others, believing that all alcoholics and addicts can recover if they have access to the right kind of help. Veronica is the author of [Why You Drink and How to Stop: Journey to Freedom](#). She speaks publicly and conducts workshops and lectures on alcoholism, addiction, and spirituality. Veronica is the creator of the informative and inspirational website [Veronica Valli](#) where she works hard to educate and inform people about problem drinking and addiction.

### *Jen McNeely – SheDoesTheCity*

Jen McNeely, herself a woman in long-term recovery, launched [SheDoesTheCity](#) (based in Toronto, Canada) in 2007. SheDoesTheCity is a voice for women in that, in addition to being an awesome lifestyle blog and website, has pledged a commitment to share stories of addiction and recovery to help empower other women to change their patterns and get help. SheDoesTheCity is providing more perspective on alcoholism and addiction in hopes that a day will come when sharing these stories becomes not just brave, but normal and comfortable.



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## *The Recovers in NYC / Activities & Breakout Sessions*

Saturday, May 6, 2017		
Taryn Strong	Yoga for Recovery  6:30-8:00 am	Explore the Yoga for Recovery practice approach developed by <a href="#">Taryn Strong</a> specifically for women in recovery. Taryn, along with her mother Dawn Nickel (PhD), is the co-creator of <a href="#">She Recovers</a> , She Recovers Retreats, She Recovers Malas, and She Recovers Aromatherapy. A Yoga for Recovery expert and Certified Yoga for Trauma Instructor, Taryn supports her students and retreat guests to create comprehensive, healing practices of their own. In this class, Taryn will lead participants to integrate breath and body movement with the wisdom of yoga and meditation to enhance the most important connection you can make – to yourself.
Susanne Navas	She Runs for Recovery  6:30-8:00 am	The She Recovers Run will be an “out-and-back” run along the river, through Battery Park. Runners can choose between 3 and 5 mile routes (the turn-around at the Brooklyn Bridge). Runners of all levels are welcome – the only requirement is the will to keep moving forward, one step at a time. Susanne Navas is a certified Life Coach, a triathlon coach, a two-time Ironman finisher, and yoga instructor. Susanne teaches groups and individuals how to improve their health and wellness, and achieve their fitness goals. Susanne is gratefully in recovery from alcoholism and bulimia and is thrilled to be able to walk the walk (often running). Susanne’s blog is found at <a href="#">TheRebootCoach</a> .
Nikki Myers	Codependency: The Disease of Looking Elsewhere  10:15-11:00 am	Codependency is the insidious belief that true joy and fulfillment comes from something outside of ourselves (people, places, things, behaviors or experiences). At its heart, codependency is about our search for our true selves. When we find our true self and connect with some bigger energy or higher power, we are free to relate in a way that opens deeply fulfilling relationships with ourselves, others and the Divine. <a href="#">Nikki Myers</a> is an MBA, Yoga Therapist, Somatic Experiencing Practitioner, and Certified Addictions Recovery specialist. Born from her personal struggle with addiction, Nikki is the founder of <a href="#">Y12SR</a> , The Yoga of 12-Step Recovery.
Ann Dowsett Johnston	Writing Your Recovery  Breakout 2:30-3:30 pm	So you’re in recovery? Now what? Welcome to the roller-coaster of real life. Join award-winning journalist and bestselling author <a href="#">Ann Dowsett Johnston</a> for a candid conversation on the recovery journey and a workshop on writing your recovery story. Ann’s ground-breaking book, <a href="#">Drink: The Intimate Relationship Between Women and Alcohol</a> , was named one of the 10 best books of 2013 by the <i>Washington Post</i> . This interactive session will begin where <i>Drink</i> left off, exploring the peaks, valleys, and growth of a life in long-term recovery.

Jen Matesa	Desire Un-Numbed  Breakout 2:30-3:30 pm	When the chemicals leave our bodies, it's not just our minds and spirits that clear. Our flesh and bones wake up and get hungry for human touch. But how do we get what we need without having a drink, a pill, or a panic attack? This interactive workshop dives into the subject nobody talks about in recovery: S-E-X – with ourselves, with others. Award-winning nonfiction writer <a href="#">Jennifer Matesa</a> has published two books about the body in recovery, including <a href="#">Sex in Recovery: A Meeting Between the Covers</a> . She leads a <a href="#">video series</a> on YouTube and a secret #SoberSex Facebook group to help women become more comfy with desire in recovery.
Sarah Roberts	Sugar Freedom  Breakout 2:30-3:30 pm	Sarah Roberts got sober from alcohol over 14 years ago and went on a personal journey toward wellness. In this workshop, Sarah shares how her addiction to alcohol transferred to a reliance on sugar after she got sober, and she teaches us the strategies that have helped her enjoy an uncomplicated relationship around food. Sarah is a wellness entrepreneur and founder of the popular blog, <a href="#">SarahTalksFood.com</a> . She is the author of the book, <a href="#">The 28 Day Kick The Sugar Challenge</a> , and the creator of <a href="#">The 6-Week Sugar Freedom eCourse</a> .
Helaina Hovitz	After 9/11  Breakout 3:30-4:30 pm	On September 11, 2001, Helaina Hovitz was attending middle school three blocks away from the World Trade Center. The effects of experiencing the terrorist attack as a child who also lives just blocks away were severe. Her road to multi-faceted recovery from mental health and addiction issues was complex, but she never gave up. Today, as a journalist, editor, and author of <a href="#">After 9/11</a> , Helaina uses her experience to help those struggling with trauma, addiction, anxiety, and other issues to find healthy and fulfilling lives in recovery. In this session, Helaina will share her story and offer instruction in employing practical techniques for coping with triggers and anxieties in real time.
Dr. Jean LaCour	Coach or Be Coached  Breakout 3:30-4:30 pm	Recovery coaching is a strengths-based, client-centered process that helps people in or seeking recovery to move past ineffective ways of coping, learned helplessness, and any sense that they are somehow “damaged” by their history or challenges. Building a strong recovery coach community is one of the major components of the She Recovers growth strategy. <a href="#">Dr. Jean LaCour</a> , founder and CEO of <a href="#">IAPRC</a> and founder of the International Association of Professional Recovery Coaches, co-created the <a href="#">She Recovers Coach Designation program</a> with Dawn Nickel. In this interactive session, learn more about <b>She Recovers Coaching</b> , witness a live coaching session and participate in a Q&A about coaching as recovery pathway, profession – or both.
Robin McIntosh	Women, Spirituality and Money  Breakout 3:30-4:30 pm	Being a woman in recovery and a female startup founder, Robin McIntosh found her financial freedom through the spiritual process of surrender. In this workshop, Robin dives into the complexities of female financial empowerment, how to save, spend, and give with intention, and the nitty gritty of asking for what you're worth. Together with her co-founder Lisa McLaughlin, Robin leads a team of patients as designers at <a href="#">Workit Health</a> , the world's first online addiction care program. Workit Health is one of the nine women-led startups that raised funding in 2016.

Sunday, May 7, 2017		
Taryn Strong and Elena Brower	Provoke Your Potential Yoga Class  7:30-9:00 am	Recovery is about recovering your potential. This practice is an appeal to self-compassion, to serve as a reminder, a refresher, a recalibration of your remembrance of yourself. <a href="#">Elena Brower</a> and <a href="#">Taryn Strong</a> will invite you into a deep, resonant sensation of being at home within yourself, so you can be at one with the world around you. We will provoke your potential by flowing to raise the profound, open the space within, and then usher in your highest grace for meditation.
Jilsarah Moscowitz	5Rhythms Dance: Medicine of Movement  7:30-9:00 am	<a href="#">5Rhythms®</a> is a dynamic movement practice that relies on the wisdom of the body to heal the soul. Sometimes called ecstatic dance, it promotes exploration and 'being in your body,' with the purpose of bringing the dancer to their most authentic self. 5Rhythms teacher Jilsarah Moscowitz has been leading classes in New York City since 2011. She teaches for all ages and abilities, including women and elders, formerly incarcerated people, and individuals with Alzheimer's. Jilsarah will lead a movement journey designed to rest the mind (from a busy Saturday) and allow for the grace of spirit and community. Please bring an open mind and heart. Wear comfortable clothing to move, and to be moved, in!
Rocio de Alba	Photo Exhibit: There is a Crack in Everything  (on display throughout the weekend)	<a href="#">Rocio de Alba</a> (row-sea-oh) is a fine art, multimedia, and conceptual documentary photographer based in Queens, New York. She received a BFA from The School of Visual Arts. She is an award-winning book designer and handmade book instructor. Her images have been featured on CNN Photo, New York Magazine, L'Oeil de la Photographie, and The New York Times Lens Blog. <b>There Is a Crack in Everything</b> is an on-going and developing project; through extensive interviews and collaborative production of the subject's portraits, Rocio captures uplifting images of women in long-term recovery. All of the women have achieved sobriety dates of 10 years or more. Rocio's goal is to demonstrate that successful long-term sobriety is achievable-despite the odds against us. These stories do exist; and the strength, dignity and perseverance of her exemplars are surviving manifestations.
Kate Meyer	Photo Exhibit: I Am Not Anonymous  (on display throughout the weekend)	<a href="#">Kate Meyer</a> is a New York based portrait and wedding photographer and MSW student at Fordham University. After spending years travelling to third-world countries in search of ways to make a difference, she found herself in a relationship with a man, who, unbeknownst to her, was struggling with heroin addiction. As she witnessed him struggle to find and sustain recovery, she made a decision to educate herself and soon began seeing addiction and recovery through a new lens. Today, Kate captures the beauty and transformative power of recovery through her photography and is thrilled to have found a new way to give back to her community now, as well as in her future social work career. Kate is the co-creator of the innovative <a href="#">I Am Not Anonymous</a> photography project, a portrait series that features people in recovery from substance use disorders.

### WE ARE ALL RECOVERING FROM SOMETHING.

We believe in *early intervention*. We don't have to hit rock bottom to **PURSUE RECOVERY** in any area of our lives.

Recovery is a *journey to*  
**WHOLENESS** – we take care  
of our mind, body & spirit.

**COLLABORATION**, not  
competition is the only way forward.  
We're **STRONGER** *together*.

We have to be *supported* to find & follow individualized  
**PATHWAYS** & patchworks of recovery.

We focus on our **STRENGTHS**,  
not our defects. This is how we  
*change*.

We learn from & **MAKE**  
**PEACE** with our past so that we  
can *live fully* in the present.

Connection is our sole *(soul)* **PURPOSE**. We inspire & support women  
of all ages & backgrounds to find hope, health & happiness in recovery.

We understand that the practice  
of *radical* **SELF-CARE** is  
paramount to our well-being.

When *we're ready*, we recover out  
loud so that women who are struggling  
can find & **JOIN OUR TRIBE**.

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## *The Recovers in NYC Conference Schedule*

Day	Time	Element
<b>Friday, May 5, 2017</b>	5:00 pm	Registration Opens
	5-6 pm	Meet and Greet with the <b>She Recovers Sober Blogger Team</b>
	6-7 pm	Welcome   Market, Mingle and Connect and <b>DRY Sparkling Bar</b>
	7-7:30 pm	Opening Introductions and Announcements
	7:30-8:45 pm	<b>Opening Keynote – GLENNON DOYLE MELTON</b>
<b>Saturday, May 6, 2017</b>	6:30-8 am	Yoga for Recovery with <b>Taryn Strong</b> She Runs for Recovery with <b>Susanne Navas</b>
	8-9:30 am	Registration Opens   Market, Mingle and Connect
	9:30-10 am	<b>Dawn Nickel:</b> She Recovers
	10-10:15 am	<b>Elena Brower:</b> The Ritual of Recovery
	10:15-11 am	<b>Nikki Myers:</b> Codependency – The Disease of Looking Elsewhere
	11-11:30 am	To Be Announced
	11:30 am-12:30 pm	Light Lunch
	12:30-1:30 pm	<b>Lunch Keynote – ELIZABETH VARGAS</b>
	1:30-2:30 pm	Market, Mingle and Connect Hazelden Author Book Signing <b>Rosemary O'Connor</b>
	2:30-3:30 pm	<b>Breakout Sessions:</b> <b>Ann Dowsett-Johnston:</b> Writing Your Recovery   <b>Jennifer Matesa:</b> Desire Un-Numbed   <b>Sarah Roberts:</b> Sugar Freedom
	3:30-4:30 pm	<b>Breakout Sessions:</b> <b>Dr. Jean Lacour:</b> Coach or Be Coached   <b>Robin McIntosh:</b> Women, Spirituality and Money   <b>Helaina Hovitz:</b> After 9/11
	4:30-6:30 pm	Market, Mingle and Connect Hazelden Author Book Signing: <b>Jennifer Matesa</b> and <b>Lisa Woititz</b>
	6:30-7:30 pm	Dinner   Musical Guest <b>Elizabeth Edwards</b>
	7:30-8:45 pm	<b>Dinner Keynote – GABBY BERNSTEIN</b>
<b>Sunday, May 7, 2017</b>	7:30-9 am	Provoke Your Potential Yoga Class with <b>Taryn Strong</b> and <b>Elena Brower</b> 5 Rhythms Dance: Medicine of Movement with <b>Jilsarah Moscowitz</b>
	9-11 am	Coffee   Market, Mingle and Connect
	11:00 am-12:45 pm	<b>Final Keynote –MARIANNE WILLIAMSON</b>
	12:45 -1:15 pm	She Recovers in NYC Raffle Draws   Closing Remarks
	1-2 pm	Final Market, Mingle and Connect
	2-4 pm	<b>I Am Not Anonymous</b> Photo Shoot

(subject to minor adjustments)

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*Dawn Nickel, PhD*

*Creator of She Recovers*

**Dawn Nickel** is an accomplished and versatile leader and the creator of [She Recovers](#), currently the largest online platform dedicated to supporting women in recovery from addiction and related life challenges. Dawn started her journey of recovery from drug addiction in 1987. She is a strong advocate for the view that each woman in or seeking recovery must be supported to find the tools and pathways that will work best for her as an individual.



In the summer of 2011, while recovering from a serious case of workaholism, Dawn decided to apply what she knew about recovery to that area of her life. On an extended leave from work, Dawn began to blog and created the [She Recovers Facebook Page](#) to share her journey and to reach out to other women wanting to recover their lives and their potential. Since 2012, she has dedicated herself to creating and holding space (online and off) for women in recovery to connect with themselves, and with other like-hearted women. The Facebook page now has over 260,000 followers, and the She Recovers Online membership site will launch in the fall of 2017.

Today, in addition to operating her health and social policy research consultancy, Dawn is determined to grow She Recovers and its offerings so that more and more women can connect and heal. Dawn's youngest daughter, [Taryn Strong](#), also in recovery, is a trauma-informed yoga for recovery instructor and an integral part of She Recovers. Dawn and Taryn currently operate a resource-inspired website and blog, run an international yoga and recovery retreat program, and design and manufacture a line of custom recovery jewelry. Their newest and most promising development is the launch of the [She Recovers Coach Designation Program](#), in collaboration with a respected recovery coach training institute. With that program, She Recovers will train female recovery coaches to be leaders of She Recovers Chapters in their local communities and also provide support to women via the soon to be launched She Recovers Online membership site.

To learn more about Dawn Nickel, please explore the following:

- Interview with Sherry Gaba for Recovery Today Summit (2017): [Realizing our Power and Potential After Addiction](#)
- Upcoming Interview with Erica Spiegelman on Rewired Radio (2017): [Building a Healthy Community](#)
- Expert Panel Hosted by The Clearing (2017): [Holistic Approach to Emotional and Addiction Recovery](#)
- HOME Podcast (2016): [Dawn from She Recovers](#)



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*Taryn Strong, PhD*  
*Co-Creator of She Recovers*

**Taryn Strong** is grateful to be in recovery from drug addiction, self harm, disordered eating, and codependency. Taryn was raised by recovering parents (Dawn Nickel is her mom) so recovery has been a part of her everyday life for a long time.



She completed her 300-hour yoga teaching training program in her home town of Victoria, British Columbia in 2007 after falling in love with yogic philosophies and the power of transformation through the mind/body/spirit connection.

Taryn received her “Yoga of Recovery” certification at the Sivananda Ashram Yoga Farm and her “Yoga for Trauma” certification in 2014. She has since developed a unique “Yoga for Recovery” program which integrates yoga and meditation with spirituality and recovery principles from a wide variety of recovery pathways (including but not limited to the 12-step pathway).

In addition to teaching yoga classes across Victoria and leading the Yoga for Recovery program for She Recovers Retreats, Taryn’s latest role is as the creator and artisan of She Recovers Malas. For more about Taryn have a look at her [video](#).

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## *Sponsors*



Recovery Centers *of* America

Elizabeth Edwards  
*Singer / Songwriter*



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## *Exhibitors*

