

Tuesday, October 4th, 2022



AICA NEWSLETTER

Upcoming AICA Activities

Tuesdays

Chair Yoga
4:00-5:00

Level One
Yoga
5:30-6:30

Wednesdays

Student Support
Sessions
(by appointment)

Morning Gentle Yoga
Class
10:00-11:00

Saturdays

Youth Sessions
focusing on,
"Social, Emotional
Learning and
Substance Abuse
Prevention," with
Rae
9:00-12:00

Today's Little Chuckle

In memory of Shirley LaFleur 1941-2022

Q: Why aren't
dogs good at
dancing?



A: Because they have two
left feet!

A Moment of Mindfulness *Make Your Bed Mindfully*

Do you make your bed every morning? It may seem like a waste of time on a rushed morning, but there are many great reasons to adopt this simple habit.

Making your bed is considered a "keystone" habit. Making your bed in the morning is correlated to more productivity, a sense of well-being, and even better budgeting skills. It sets the tone for accomplishment throughout your day when you complete this one task the moment you get out of bed.



AICA Event News

On Friday, September 30th, AICA hosted Spotted Eagle for a successful Financial 101, and Budgeting 101 informative session!

A member of the Wisconsin Native Loan Fund was able to educate listeners on basic finances, credit, budgeting your finances, and becoming financially empowered.

Along with Spotted Eagle, we hope to host another Financial and Budgeting session again. Keep an eye out for a flyer in the near future!

Drug Take Back Days

TWO Drug Take Back Days in Greenfield, WI

If you have unused or expired medications, this is a great time to clean out those cabinets and dispose of them safely!

**Sunday, October 9th, 2022 at the Greenfield Farmers Market
from 10:00-2:00**

**Saturday, October 29th, 2022 at the Greenfield Police
Department from 10:00-2:00**

What is Drug Take Back Day?

According to the Wisconsin DOJ, "Drug Take Back Day provides a safe, convenient and responsible means of disposal, while also educating the community about the potential abuse and consequences of improper storage and disposal of these medications."

AICA Announcements

- There will be *no* Youth Session w/ Rae on Saturday, October 15th, 2022!
- AICA now has *FREE* Fentanyl Test Strips Available. Please call if you are interested in picking some up, or know someone in need of them. *No questions asked.*

Fentanyl test strips are a method of helping prevent drug overdoses and reducing harm. They are small strips of paper that can detect the presence of fentanyl in all different kinds of drugs and drug forms. These test strips provide people who use drugs and communities, with important information about fentanyl in the illicit drug supply so they can take steps to reduce risk of overdose.