

# RENEW

**RENEW:** A program that promotes detoxification and total wellness for individuals struggling with substance misuse.

- Reduce (exposure to toxins in your environment)
- Eliminate (current toxins in your body)
- Nourish (your body's cells to support their natural structure, function, and capacity to detoxify)
- Energize (through exercise, physical activity, and relaxation)
- Wellness (is a way of life)