SHE RECOVERS Rolls Out the Red Carpet for Recovery in Los Angeles

*Women’s cyber-recovery movement plans to gather at The Beverly Hilton for second annual event in September.*

LOS ANGELES (PRWEB) June 11, 2018 -- Last May, SHE RECOVERS blew hearts and minds wide open when it brought the cyber-recovery movement to real life with a first-of-its-kind event in New York City. Fast forward to today, and the very same team of women in recovery who created SHE RECOVERS in NYC are bringing this year’s event to the iconic Beverly Hilton in Los Angeles… because if there was ever a time to roll out the red carpet for recovery, it is now. SHE RECOVERS in LA (#SheRecoversLA) will take place from September 14-16, 2018.

“Building out from our mission statement that includes the mantras ‘we are all recovering from something’ and ‘we’re stronger together,’ this event will ignite and inspire the ever-increasing population of women choosing to recover their lives and their potential,” says SHE RECOVERS founder Dawn Nickel, Ph.D. “As long as our movement continues to grow and evolve, we will keep hosting creative – and alcohol free – opportunities for women to come together in real life to connect, support, and empower one another and celebrate the fact that recovery is possible.”

SHE RECOVERS in LA will feature the following speakers:

* Cheryl Strayed, author of the #1 New York Times bestselling memoir "WILD;"
* Janet Mock, New York Times bestselling author of memoirs "Redefining Realness" and "Surpassing Certainty;"
* Tara Mohr, women’s leadership and well-being expert and author of "Playing Big: Practical Wisdom for Women Who Want to Speak Up, Create, and Lead;"
* Mackenzie Phillips, actress, singer, author of "High on Arrival" and "Hopeful Healing," inspirational recovery advocate and speaker, and substance use disorder counselor; and
* Laurie Dhue, award-winning national news anchor, respected recovery advocate, and speaker.

Other guest presenters include celebrity trainer and author Nicole Stuart, meditation teachers Sarah Blondin and Biet Simkin, and comedian and memoirist Amy Dresner ("My Fair Junkie").

On Saturday, September 15, 2018, the SHE RECOVERS Foundation Gala will celebrate the launch of the organization’s non-profit arm with speakers, music, and the presentation of two prestigious awards – they are: The first-ever Legacy Award to the late Betty Ford (accepted by her daughter, Susan Ford Bales) and the annual Hope Award to #MeToo movement founder Tarana Burke.

In addition to listening to speakers, the 600 women attending the three-day event can take in spoken word performances, yoga and meditation sessions, a Pilates class, and a run. Panels on breakout workshops will help to paint a picture of what modern recovery looks like for women in the 21st century. Event sponsors, exhibitors, and vendors will showcase the diverse range of wellness approaches, resources, and products women are seeking in order to heal and sustain body, mind, and spirit.

The event is being presented by SHAMEBOOTH, an art installation project and movement that helps people let go of the stigma and the pain of shame, and Kripalu Center for Yoga and Health, a nonprofit educational...
organization dedicated to empowering people and communities to realize their full potential through the transformative wisdom and practice of yoga. Event partners to date include Hazelden Betty Ford Foundation, Alkermes, Hint Water, No B.S. Skincare, and Encore Event Technologies.

SHE RECOVERS in LA will focus on celebrating strength, diversity, inclusion, and innovation by women for women in the world of recovery. Seeking to help end the stigma, SHE RECOVERS is committed to showing women (and the world) what recovery looks like. A reunion of friends for some, the event will be an important first foray into the land of healthy and sober sisterhood for others. To register, visit SheRecovers.co.

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 270,000 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.

Through education and awareness, the newly-formed SHE RECOVERS Foundation seeks to connect, support, and empower women in or seeking recovery to develop individualized pathways and holistic plans of recovery. The organization promotes access to resources, shares research on modalities that yield transformational outcomes for women, and produces public awareness initiatives and events that shatter the stigma and shame associated with recovery thus enabling earlier intervention for those still struggling.
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