



## Daily Agenda

*Rehab Guide has helped thousands of people overcome substance and alcohol abuse in order to lead healthy, productive, and rewarding lives.*

*The following agenda is what a typical day at addiction rehab looks like in one of our clinics.*

**7.30am - 8.30am: Wake Up/Breakfast**

**8.15am -9.15am: Medication dispensed**

**9.15am – 10.00am: Meditation and Feelings**

**10.00am—10.30am: Keyworker Sessions**

**10.30am – 12.00pm: 12 Step Recovery meeting**

**12.00pm—1.00pm: Lunch**

**1.00pm –2.00pm: Daily exercise (walk, swim or gym)**

**2.00pm – 3.00pm: art or music therapy or quiz**

**3.00pm - 6pm: Personal relaxation time**

**6.15pm – 7.00pm: Evening Meal**

**7.00pm—8.00pm: Local recovery meeting**