

OAKLEY'S TIPS TO NAVIGATE SOBRIETY IN THE SEASON OF SUNSHINE

Instructions: For each of Oakley's Tips, fill in the details of how you will use each tip to help manage your recovery in the summer.

1	TELL YOUR FRIENDS & FAMILY	
2	GIVE YOURSELF A TIME LIMIT	
3	BRING A SOBER FRIEND TO AN EVENT	
4	MAINTAIN YOUR ROUTINE	