



# Prosumers of Houston Monthly Meeting



**Saturday  
September 9th, 2017**

**12:00 - 3:00 pm**

**The Harris Center Room 104  
9401 Southwest Freeway  
Houston, TX 77074**

**-Lunch Provided-**

**Everyone is welcome to attend!!**

## **Drumming**

Let's make some NOISE!! Drumming is one of those activities which is a way of communicating, expressing yourself and bringing a real sense of letting go to those things we hang on to. If you have never participated in a drumming circle, then you are in for a treat. Of all the meetings, we have, drumming is my favorite. Don't miss this one!

RSVP online [www.ProsumersInternational.org](http://www.ProsumersInternational.org)

A consumer led, consumer developed program that has you focus on wellness and recovery.

Questions? Call Carol 1-800-577-3795 x 805