

# SHOW UP. STAY PRESENT. FIND THE JOY.

CHANCY, 42  
MIDLAND, MICHIGAN

6 YEARS SOBER

Getting help for substance use is an act of strength, and it's possible. Recovery is the first step in a new chapter, and that's something worth celebrating.

Learn more at:  
[CelebratingStrength.com](https://CelebratingStrength.com)



**MSHN**  
Mid-State Health Network