

Meeting Schedule

LifeRing Utah

Sober | Secular | Self-Empowered

Salt Lake Valley

Sundays – 10 a.m. – “How was your week?”
University Neuropsychiatric Institute
501 Chipeta Way, Room #1566

Mondays – Kindful Yoga – 5 p.m.
Vitalize Studio, Millcreek
3474 South 2300 East #12 (behind Roots Café)
Open to all levels; \$5.00 suggested donation

Wednesdays – 12 noon – “How was your week?”
2319 Foothill Drive, Suite 120
Enter through back of building and go downstairs

Wednesdays – 6:30 p.m. – “Topic Meeting”
University Neuropsychiatric Institute
501 Chipeta Way, 2nd Floor Conference Room #2705

Thursdays – 7 p.m. – “How was your week?”
Utah Support Advocates for Recovery Awareness (USARA)
180 East 2100 South, 2nd Floor
Parking in back, then go to second floor

Saturdays – 11 a.m. – “How was your week?”
First Baptist Church
777 South 1300 East
Enter parking lot from 800 South/Sunnyside Avenue

St. George

Wednesdays – 6 p.m. – “How was your week?”
USARA, 113 East 200 North, Suite 1
St, George, Utah 84770

Though we ask for voluntary donations, meetings are free, confidential, and open to all.

We make every effort to keep this website current, however meeting locations and times are subject to change.

(updated December 14, 2018)