



1331 & 1335 S Major Street

2023



# ANNUAL REPORT



A RESILIENT COMMUNITY



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# FTR MISSION STATEMENT

**OUR MISSION IS TO PROVIDE A SAFE PLACE FOR PEOPLE IN RECOVERY FROM SUBSTANCE USE DISORDERS. MEMBERS CONNECT WITH OTHERS AND THEMSELVES THROUGH CLASSES AND ACTIVITIES THAT ARE DESIGNED TO STRENGTHEN BOTH THE BODY AND THE MIND.**

**FIT TO RECOVER SEEKS TO BRING BALANCE TO OUR LIVES THROUGH OUR FOUR PILLARS: NUTRITION, COMMUNITY SERVICE, CREATIVE ARTS, AND FITNESS. WE ACCOMPLISH THIS THROUGH GROUP COOKING CLASSES, ARTISTIC ENDEAVORS, SERVICE OUTREACH, AND SPORTS & EXERCISE.**

Since 2014, Fit To Recover has served Utah's recovery community using our community class approach. The programs at FTR are both evidence-based and trauma-informed. We strive to make the new person feel welcome, safe, and included. We believe in community over competition and will continue to provide a safe place for those in recovery to connect, build critical support systems and adopt a healthy lifestyle, all of which are important for maintaining long-term recovery.



# Letter from the Executive Director

When I got out of treatment in 2012, I knew that if I wanted to stay sober, I needed people around me who understood the unique challenges of recovery. I longed for friends who would come together regularly to work out and then talk through the hopes and fears of this new life in recovery. So, I bought a Boombox and put out a Facebook invitation to join a free Saturday recovery bootcamp at Sugarhouse Park. It started with 2 people, then 7, then 10, then only 1 and I thought: "well at least I stayed sober that day, at least I got a good workout, and at least I connected with one other person." After 2 years the ranks swelled, sometimes to more than 100 people, and I knew we needed a full-time facility to keep the community together.

In 2014 we got our nonprofit license and in 2015 we opened Fit To Recover in Glendale. I didn't know where we were headed, but I knew what was needed: how to see a person who hadn't been seen, how to comfort people that were going through hard times, and how to relate to those who had been struggling alone.

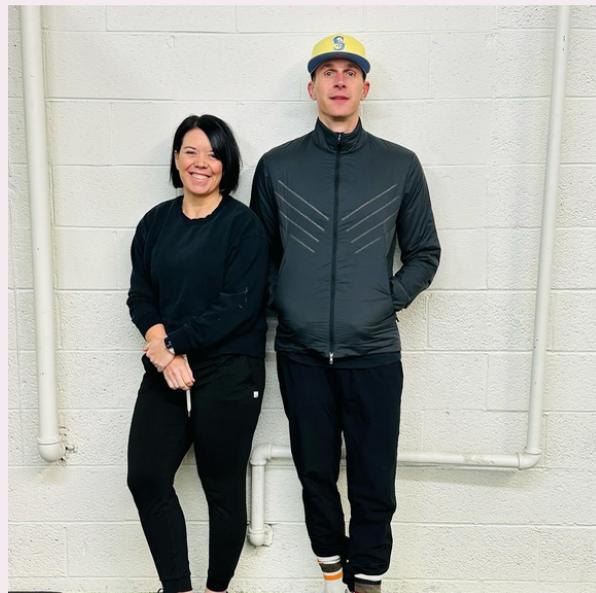
As we grew, I thought about other things that were important in life. Movement is what connected me to people, but I also knew how much better I felt when I was well-nourished. And I loved music; I saw how it could bring people together, as well as inspire powerful stories spoken and sung before the microphone. I also realized that the more I helped others with their struggles, the less I thought about the noise in my own head. That is how the 4 pillars -- exercise, nutrition, creative arts, and service -- were created, and that's how this incredible community was born.

Fit To Recover has always been a safe place for people to connect. I learned early in recovery that the feeling we get when we're around people we trust and the special in-between spaces where we connect with each other is what's important. Those in-between spaces are the cement that builds community, holds us accountable to ourselves and each other, and gives each of us strength and purpose. FTR is a safe space of understanding and acceptance; a space I know that no matter what, we will always be a part of.

After 10 years it is time to delegate my work and empower others. Opportunity was something that was important for me in the beginning and I want to give it back. I will continue to support FTR as a board member or as a cheerleader. I am forever grateful to the people that have supported me through thick and thin. It is now their time.

From those first runs up the hill in Sugarhouse Park years ago, we created something unique together for each other. I am forever grateful.

Best,  
Ian C. Acker



## SPECIAL THANKS

Macomber Family

Zions Bank

Acker Family

# Letter from the Board Chair



I started my healing journey years ago on the day I decided to go for a hike. The trail I hiked followed a creek up the mountain. It was the first time I had done some type of physical exercise in years. I didn't realize what was happening at the time, but the physical exertion combined with the sound of rushing water quieted my mind. I started to hike regularly. I started to hike with friends. I then started to hear my friends talk about this gym for addicts. A gym started at a park because a person believed in the healing power of physical exertion.

I don't know if it was intentional or unintentional, but I saw Fit to Recover's offerings and saw the belief that healing goes beyond traditional methods. I saw Fit to Recover offer fitness classes that promoted physical well-being, cooking classes that taught healthy habits, and art classes that nurtured creativity and self-expression. I believe each activity plays a vital role in restoring balance and fostering the healing process.

The other offering of Fit to Recover is service. I've seen Fit to Recover give people invaluable service opportunities. Whether it is members helping the community, members helping members, members giving back to Fit to Recover, or employees giving their time because they believe in Fit to Recover's purpose. By giving back I've seen individuals gain a sense of purpose and fulfillment. I've seen these service opportunities act as stepping stones toward rebuilding lives and establishing connections with others who share similar experiences. And not only others. Fit to Recover gave me this purpose and fulfillment by giving me the opportunity to serve on the board of directors. Something I had never done before.

None of this would have been possible without the support from Ian, the other board members, the members of Fit To Recover, and the critical support of you the donors. Your contributions have allowed Fit To Recover to expand its reach and touch the lives of many individuals seeking a better life. We are making a difference by providing community, connection, hope, and resources for those on their path to recovery.

As we look towards the future, Fit To Recover remains committed to helping those it serves. Addiction is an ongoing struggle affecting many many people from all walks of life. With your unwavering support, Fit To Recover will continue exploring ways to provide effective programs for those seeking to better their lives.

I will always be grateful to Fit To Recover for providing a community and connection that have healed me. Thank you Ian, thank you Fit To Recover employees, thank you past, present, and future board members, and thank you donors for your dedication in supporting Fit To Recover's cause and creating a brighter future for those affected by addiction.

With heartfelt gratitude, Clay Stephenson 2023 Board Chair

# 2023 Achievements

**39,242**

Total number of community member check-ins

**32,473**

Total number of treatment center clients served

**1735**

Number of clients served within correctional programs

**28**

Fitness scholarships awarded

**60**

Meal scholarships awarded

**8400**

Meals prepared

**136**

Total classes a week

**300**

Number of memberships in 2023

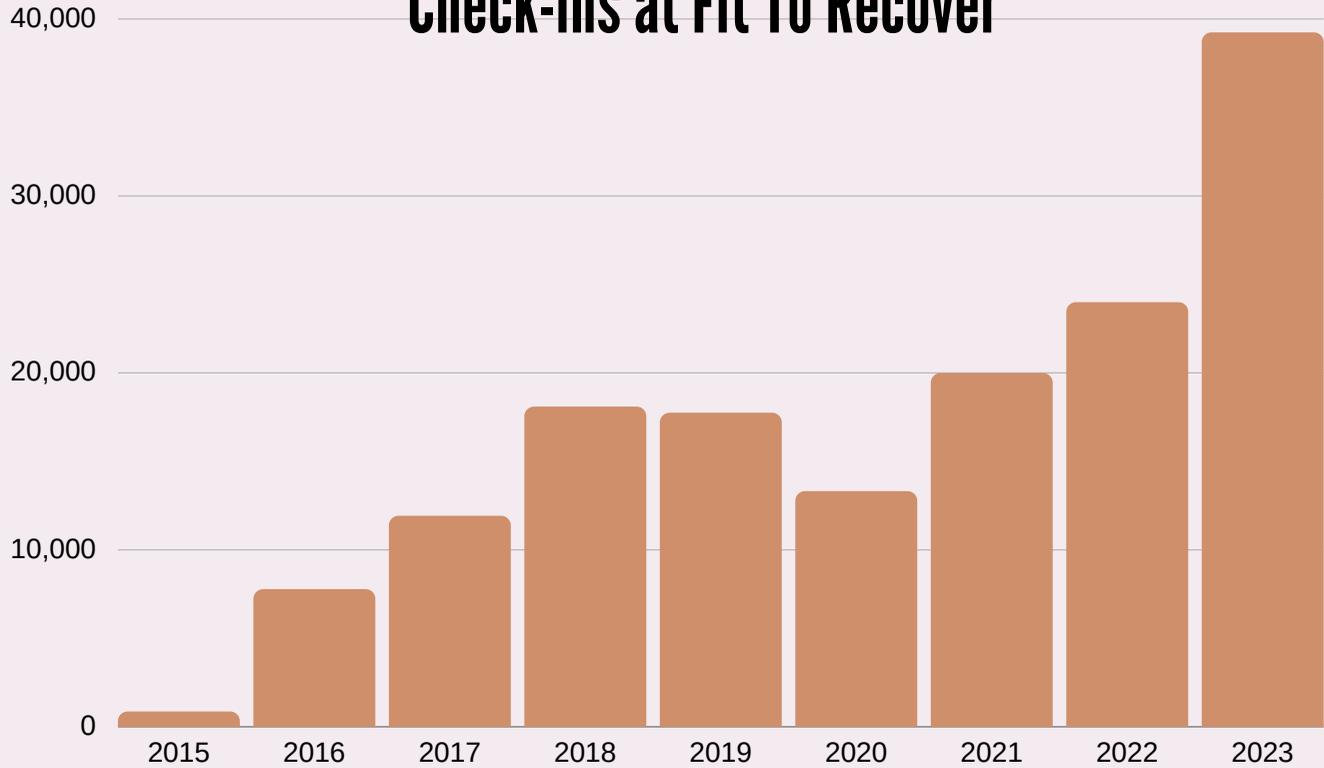
**13**

Service projects completed



# Our 9-year Impact

## Check-ins at Fit To Recover



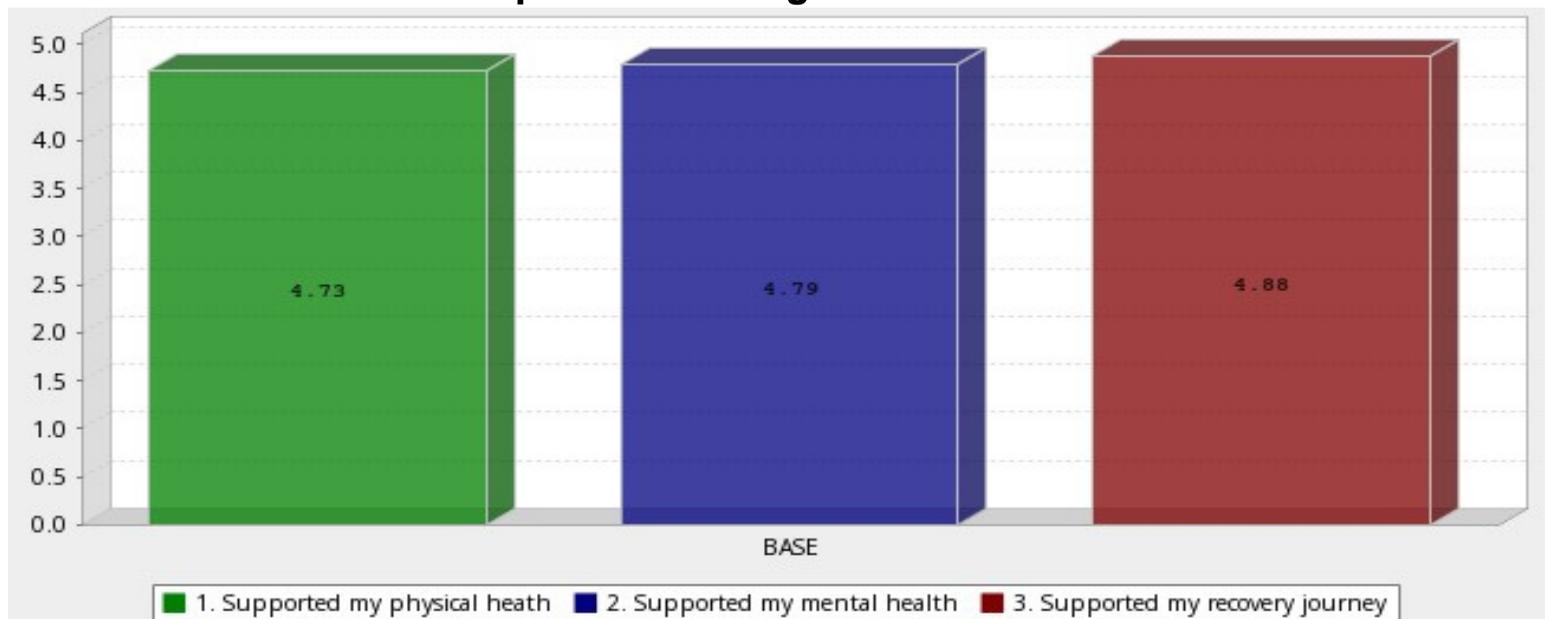
## Memberships



# Metrics Of Success

In June of 2022, Fit to Recover began using Substance Use Recovery Evaluator (S.U.R.E) as well as the Fit To Recover Engagement Survey to better understand how our programming supports mental health, physical health, and our members' overall recovery. The SURE survey developed by those in recovery and validated internationally, helps individuals track how they are doing in their overall abstinence, relationships, self-care, material resources and outlook on life. The SURE and FTR surveys have helped us to understand more about community needs and have provided opportunities for our staff to reach out to members who may need added support. Data reported below are on a 5-point scale (5 most positive).

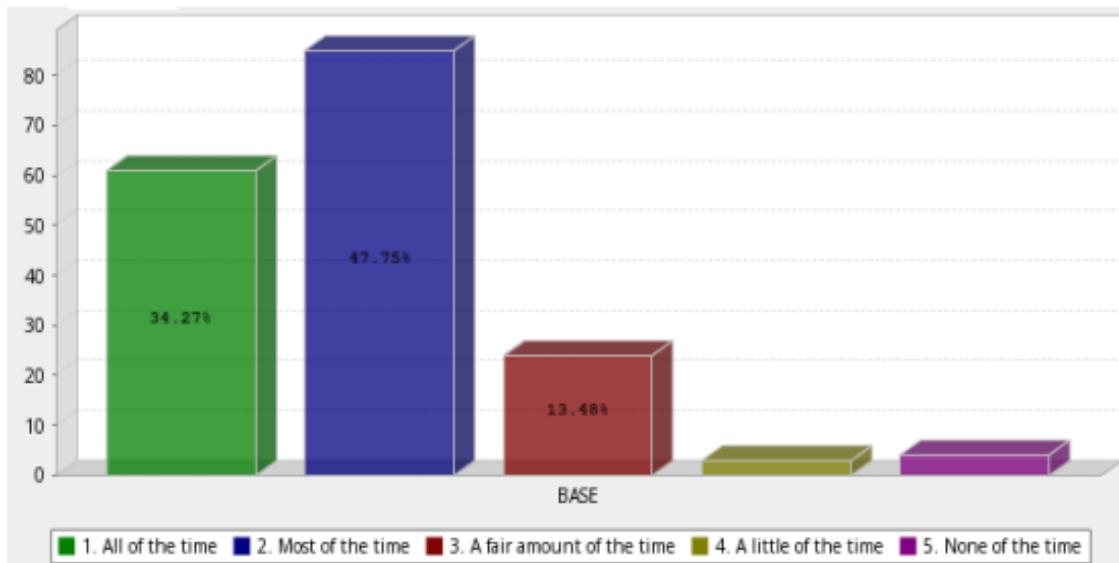
## Over the past week coming to FTR has:



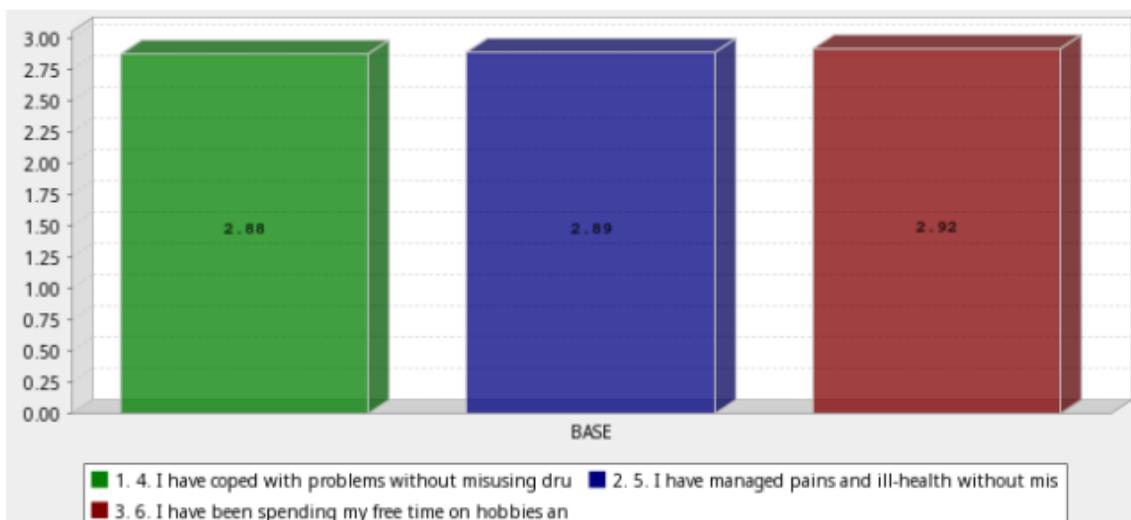
# Metrics Of Success

For the past two years, FTR and its community have benefitted greatly from the administration of the Substance Use Recover Evaluator (S.U.R.E.) Survey. We offer this survey weekly to community members who have memberships as well as those on a scholarship. These results are reported to the Utah Department of Health and Human Services throughout the year. In 2023, 613 surveys were completed and 98% of members who took the sure survey reported abstaining from drug or alcohol use while engaging with Fit To Recover.

## I have felt happy with my overall quality of life



## DRINKING AND DRUG USE (Part 2) - Still thinking about this last week



# Metrics Of Success

## *Voices of the community*

### Q18. Is there anything else you would like to share about your experience with FTR this week? (Open ended responses)

114904184	THANK YOU FTR HAPPY NEW YEAR??
114895692	This place truly exhibits love, kindness, care, compassion and grace. Nothing else like it in Salt Lake.
114864550	It's been great around the holidays
114864512	I feel connected a part of here
114644605	Love you guys
114640127	The 6:30 am class is my favorite way to start the day. When I miss a class my day isnt the same.
114635736	You guys rock. Love ya
114635587	FTR makes me feel like I am on top of the world, loved, supported, and proud of myself.
114635478	Randy, Peter, and Korky all encouraged me both with activities and communication and helped me stay sober in the face of adversity.
114594004	I Owe Sooo Much Of The Latter Years of My Life To Ian and The Support of FTR THANK YOU KINDLY??
114586695	FTR is awesome
114585971	You are all great thank you so much!
114580994	Great fun sober
114505703	Happy to see peers from Odyssey House
114503088	Thank You
114502981	Thank You!
114502842	You Rock!
114502404	Thank You!
114429993	FTR Rocks!
114429910	I wish I was able to engage in more programs with Fit to Recover but I am only in SLC when I work so I take what I can get. Thank you to all of you!
114429579	Connection here is amazing
114384491	FTR has been a vital part of my bi-polar recovery over the past month
114088788	I am thankful for the opportunities FTR has given my son and I. We look forward to production class and the service projects.
113917997	Love everyone here
113808172	This is a big part of my sobriety

# 2023 Financial Overview



In 2023 Revenues totaled \$1,905,938, a significant increase from 2022's \$1,254,900. Our elevated expenses of \$1,652,975 reflect costs of moving to and renovating 1331 & 1335 S Major Street. The move was necessary to meet the greatly increased demand for our services. Net Asset value grew by \$250,850 and at the end of 2023 our total net asset value stood at \$777,657. These positive results are mainly due to our loyal community members and the faith placed in us by our corporate, foundation, and individual supporters. Our treatment center income grew by \$152,451 and membership revenue increased by \$11,112. Our Food to Recover meal prep program and FTR merchandise, and stand alone sales together contributed \$90,733 to our overall revenue in 2023.

Individual Donations	Crowdfunding Donations	Foundational Grants	Corporation Grants	Public Grants	State Funding	Treatment Centers	Memberships	Sales & other	Total
53,334	245,764	424,486	365,888	1,094	185,767	408,125	106,822	114,658	1,905,938
Individual Donations	Crowdfunding Donations	Foundational Grants	Corporation Grants	Public Grants	State Funding	Treatment Centers	Memberships	Sales & other	Total
2.8%	12.9%		19.2%	.5%		21%	5.6%	6%	100%

# 2023 REVENUE SOURCES & PAST FINANCIAL PERFORMANCE

## Balance Sheet, Revenue-expenses, Net Asset contribution (2014-2023)

Year	Total Assets	Total Liabilities	Year-end Net Assets	Yearly Revenues	Yearly Expenses	Net Assest Contribution
2023*	777,657	18,797	758,860	1,905,938	1,652,975	252,963
2022	481,001	29,270	451,732	1,242,852	1,215,631	27,221
2021	491,223	34,737	456,486	797,022	651,675	145,347
2020	387,487	57,881	330,053	483,390	428,399	54,991
2019	290,157	15,097	275,060	481,052	438,094	42,958
2018	252,041	19,939	232,102	389,026	418,934	(29,908)
2017	276,602	14,592	262,010	405,088	340,605	51,385
2016	202,307	279	202,028	267,856	207,914	59,942
2015	133,170	149	133,021	186,161	127,114	59,047
2014	74,116	142	73,974	108,108	34,134	73,974

\*Subject to final 2023 Audit

# Third Annual 5k walk/run for recovery 2023

On June 22nd 2023 we welcomed over 463 runners/walkers who participated in our third annual 5k walk/run for recovery. We raised over 35k from our donors and supporters and couldnt be more grateful. A special thank you to Mark Miller Subaru for being our main sponsor for this event and supporting FTR as much as they have over the years. The course ran along 1300 S and looped through Liberty Park and back to Fit to Recover's location on Major street. Our food to recover program provided food to all participants and we enjoyed live entertainment from DJ Josh. We cannot thank our sponsors enough for their support this year. They've really made this whole thing possible. We are grateful to all our sponsors, team, volunteers and community for showing up and making the day truly special.



# Fit To Recover Utah County 2023 IN REVIEW

Orem had a big year of growth and expansion in 2023. We kicked off spring with our 1st annual 5k and had over 100 participants and raised over 7k! Throughout the Summer, {Alex} ran a hiking group open to all of Utah County community members on the last day of each month from May - September, hiking at Bonneville Shoreline Trail, Battle Creek, Dry Canyon Trail and ended with a 45+ person hike to Stewart Falls.



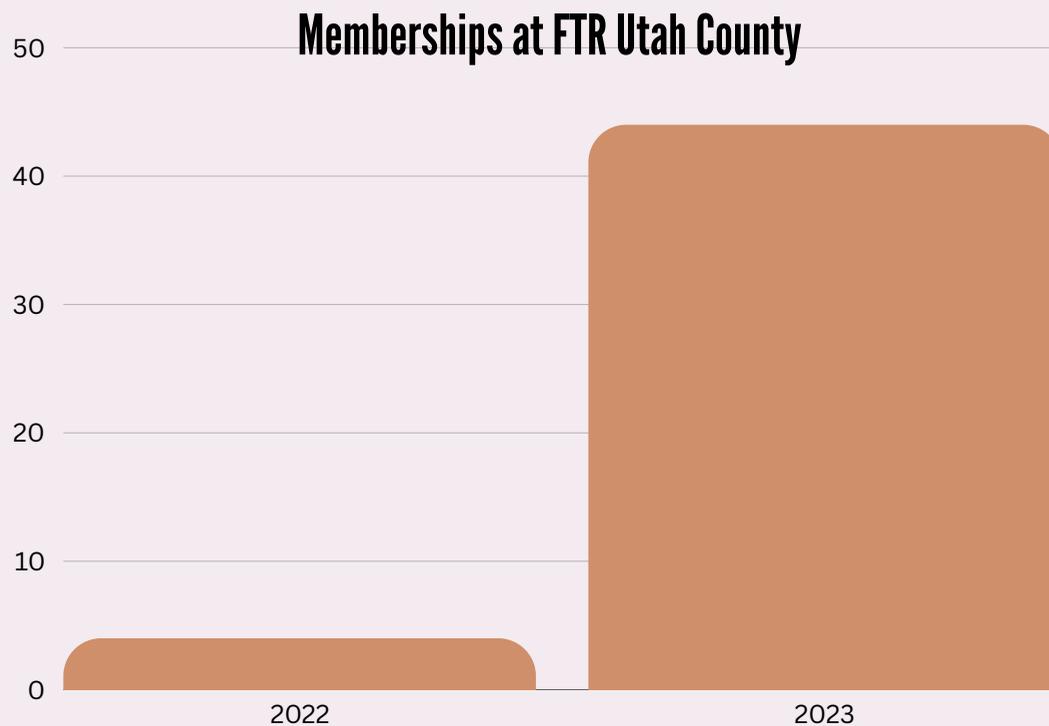
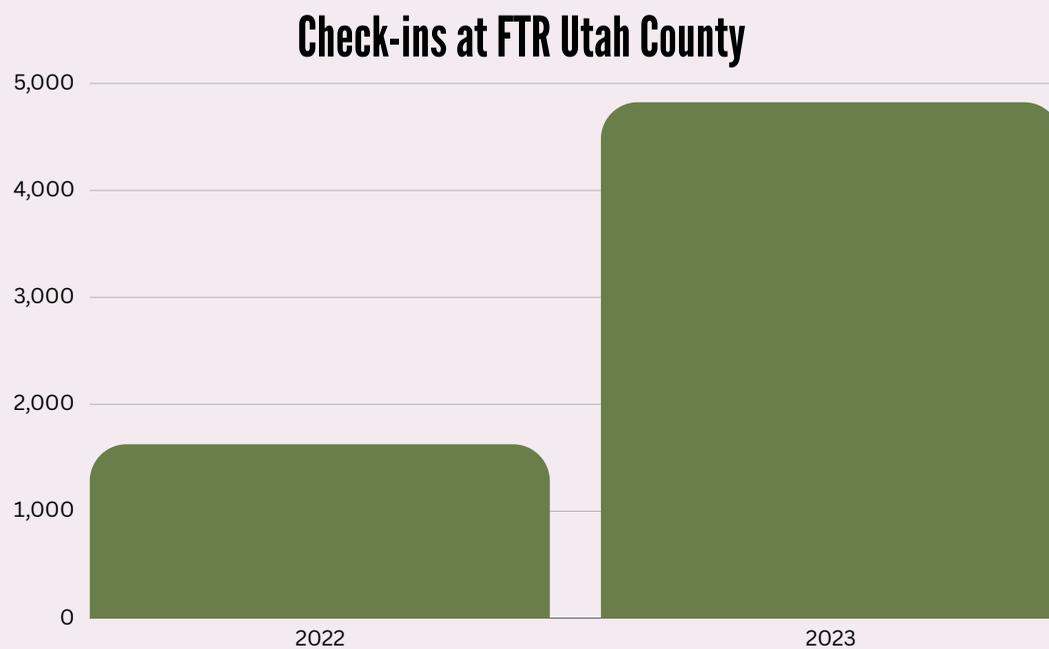
Orem has been able to get into the AP&P and drug court programs in Utah County, monthly service projects with local organizations (Car wash for a cause raising money for Kids On The Move nonprofit, The Awareness Project and partnering neighborhood Trax cleanups of encampments; handing out Naloxone & hygiene kits with Orem Police Dept.) They hosted events like Friendsgiving, cornhole tournaments and had their own Giving Tuesday event at the Orem location.



# Fit To Recover Utah County

## 2023 IN REVIEW

### Our 2-year impact



# Fit To Recover Utah County 2023 IN REVIEW

Utah County Fit To Recover added 2 new treatment center contracts and added 7 new community classes, including 2 Creative Arts pillar classes; Art and Music. The Orem team added 4 new staff members in 2023.

Utah County FTR is looking forward to 2024 and all the things they can accomplish, including grants and expansion of each pillar to move into a new building as they are growing out of their current location!





# Fitness Pillar Achievements

FTR's fitness pillar continues as a leader in the recovery community with major accomplishments noted throughout the year. Our Fitness Pillar brought new classes such as mobility, advanced kettlebell & Friday Night Lights to the weekly schedule. We have also added 7 new trainers to the team and brought services to 35 recovery centers. In 2023 we are proud to share that we started programming with new facilities and centers like the Gail Miller Resource Center, Corner Canyon, Pheonix Recover, Benchmark Youth and New Roads to name a few.

Our newest LGBTQ group celebrated 1 year of service to the LGBTQ community and has grown over the 2023 year. 2023 saw it's greatest number of check ins to our fitness classes since opening in 2015 with a total number of 39,242 community member check-ins and 32,473 treatment center check-ins. We are excited about the future growth of fitness as FTR continues to grow.



# Nutrition Pillar Achievements

Food To Recover baked their passion into all things food this year. The new kitchen space allowed us to expand the number and quality of all services. New classes (community gardening and community-led cooking) provided alternative ways to connect with each other and our food, while our community fridge and food pantry has allowed us to address food-insecurity. A decade long dream of nourishing our community came true with our food truck, 789 Project. Serving tasty nutrient-dense bowls, we showcased our passion for food, community, and health. 2023 can be best summarized by the nutrition pillar as a year of growth and service to our community.

**Meal prep participants-23/35 52%**

**Meal prepared- 5500/8400 53%**

**In person participants- 122/180- 48%**

**Meal prepared Treatment centers- 600/932- 55%**



# Creative Arts Pillar Achievements

The Creative Arts Pillar has continued to grow in beautiful and meaningful ways thanks to continued support from the community. In 2023, the Creative Arts Pillar saw its average weekly attendance more than double, and now offers at least one community class every day of the week. The pillar has expanded its offerings to treatment centers and youth facilities both on-site and off-site, and is in the process of securing more partnerships for 2024. The music studio has become a hub for those in recovery to share their stories, and we are developing a fast-growing archive of community-created content that includes musical productions, guided meditations, and audio journals. Above all, the FTR Creative Arts facility has become a place for those in and out of treatment, and their friends and families, to gather regularly. Our Open Mics, Art Nights, and Movie Nights are well-attended events that provide a safe and loving environment. We can't wait to see where this community takes us in 2024.



# Service Pillar Achievements

2023 Fit To Recover's service pillar has achieved many goals. We had a total of 14 monthly service project opportunities for our community. These included many outreach services to people that are a part of the unsheltered community. Some of those included PB&J and water handouts, collecting and donating socks for those in need, creating friendship bracelets for children's hospitals, and working with other organizations in the community. This year we have implemented 1 service project per month and this has allowed us to give more options for service such as trash clean up, making bracelets and donating those to Ronald McDonald House, bed making and delivery with Sleep In Heavenly Peace. A nonprofit chapter in Syracuse Utah. The service pillar has provided over 290 hours of service to our community. Our Christmas outreach is projected to be bigger than ever before; we were able to raise over \$3,000 dollars to then funnel into our Christmas outreach.



# Testimonials

*Marie Johnson, SLC*



Coming to FTR and attending regularly has literally changed and saved my life. I started coming because a friend invited me to come to a workout with them every once in a while. Marina was the teacher, and she was so welcoming and friendly. I deal with anxiety and depression and especially social anxiety. Coming to a new place with tons of people that I didn't know was extremely stressful, but because of the support of my friend and the kindness and joy of everyone here it became more and more comfortable. I found that it was easier to have positive self-talk at FTR than outside of it.

Through the example of others I was able to give myself some credit and encouragement that I hadn't been giving before. I was allowed to cry and to laugh, to be silly or to be quiet. I was allowed to come as I was, no matter what that might mean, and no one was disappointed or put off. FTR has given me the space to be vulnerable and be supported as well as given me the chance to support others. Last year I came out to my family as queer and it was a less than stellar experience. But I was able to make that huge step and am still moving forward in big part because of the FTR family, including the LGBTQ group on Sundays. As someone with social anxiety it can be hard to make connections with others. So it was a very cool experience to go to the FTR Friendsgiving, seeing how many people I wanted to go say hi to and give a hug. I've made real friends here. FTR has helped me gain confidence in myself and my capabilities, given me a safe place to land, and helped me in my mental health journey through giving me this support. I'm so grateful to have this place of laughter and joy, giving space and comfort, and all-around safe space. I can show up as I am and not worry about not fitting in. There's a spot for everyone here. Thank you FTR!

# Testimonials

*Bridger Hone, Utah County*

Hi, my name is Bridger and I am feeling fantastic. I am so grateful to be recognized as a member of the community, but ultimately, I am far more grateful to be a part of a community that offers an abundance of positive influences. FTR came into my life when I needed an outlet for the pent-up energy that was rattling around inside my mind. I never felt so alone in the world but all of that changed the minute I walked through the door. I was welcomed by smiles and support and this does not change for anyone at any time because FTR truly is a place where you can breathe. The connections I am privileged to experience simply by showing up remind me that I am not alone, that I can do hard things, and that we do recover. How could I not be the most grateful for a community that accepts me for who I am, while simultaneously transforming me into the best version of myself? Or for the recognition of the great person I have become with the help of this community. I simply can't not be grateful when I have been given so many people to be grateful for. Thank you!



# Testimonials

*Brian Seethaler , SLC*



A relative stranger asked me recently, “Why FTR?” [sigh]

Anyone who knows me knows that FTR is a valued component of my recovery plan, and a community of which I’m honored to consider myself a member. At the end of the day I think we all need friends and support. And to be a part of... something.

I’ve benefited so much through my participation in each of the 4 Pillars of FTR: 6:30 AM conditioning classes; sourdough bread lessons; slinging 5K smoothies; some pretty bad art project results; and more. I am absolutely grateful to have a welcoming place to go and understanding men and women (with some common goals) to spend time with.

If you know, you know. FTR, thank you!

# FOUNDATION SPOTLIGHT



We are so grateful for Performance Automotive and their on-going support for us this year. They so generously supported FTR as our sponsor for our 2023 Giving Tuesday Fundraiser. This incredible donation helped us meet our fundraising goal which allows us to continue to grow in 2024. We are excited when we find a partnership where our missions align. Performance Automotive is a corporation that regularly supports the community, gives back and leads with integrity. They are willing to hire those in recovery who may have difficulties finding other employment and offer a safe and supportive environment for them to excel.

*“Over the last few years I have relied on FTR to support me in my recovery journey. Finding the kind of support FTR provides is hard to come by in many other areas of life. However, I am fortunate to work for a company whose values and goals align with those of my own. At Performance Toyota Bountiful, I have found a support system that truly understands where I’m at in my journey. I am grateful to work for a company that understands the disease of addiction and the chaos it brings. Toyota Bountiful understand that people deserve second chances.”*

*-Stan Norkis*

*FTR community member & Performance Bountiful staff member*

# CORPORATE SPOTLIGHT



Founded in 1991, The Allen Foundation’s goal is to fulfill needs and develop programs of a new or innovative nature in a variety of areas, including Quality of Life, Senior Care, Animal Safety, Healthcare, and Educational Development. In all their effort, they seek to remain true to the principles of their founder, Marion Allen, who created The Allen Foundation to encourage, both literally and metaphorically, “a house built with love.”

The Allen Foundation’s Grants have traditionally been geographically focused on the State of Wisconsin, but they are willing to consider qualified applications based nationwide in the United States. The principles of Marion Allen and the Allen family are taken into consideration in determining the criteria used by the Foundation in awarding Grants.

Fit To Recover is so grateful for the Allen Foundation and the ways it helps Fit To Recover grow. The Allen Foundation has supported FTR by donating funds to our program to help people who are in need of support. We are grateful they believe in our mission and work alongside us!

Thank you!

# Awards and Recognitions 2023

Fit To Recover is proud to share that in 2023 we won multiple awards throughout the year in recognition of our organization. The Best Of State Gala awarded FTR Best Private Gym, Best Bootcamp, and Overall for the Sports & Recreation Category. We feel honored to have received these awards and are grateful for our beautiful community that made this possible.



Fit To Recover was invited to the Best of SLC Awards and won Best Mental Wellness as well as top 3 for nonprofit! Thank you to everyone who voted, our community, and amazing team for making this possible.



At the Best of Utah Awards party, we won Best Private Gym, Best Bootcamp, 2nd in Addiction Recovery and our Nutrition Pillar Lead Davin Lau won 2nd in the Dietitian Category. FTR is grateful to celebrate these accomplishments. We have the best team and best community, thank you!



We are so honored to be recognized as the Provider of the Year by the Governor's Committee On Employment Of People With Disabilities. Thank you for celebrating our commitment to inclusion and empowerment.



# 2023 Leadership

## Staff

Acker, Ian - Executive Director - President  
Shaw, Vickie - Vice President  
Lau, Davin - Nutrition Pillar Lead  
Shipman, Peter - Creative Arts Pillar Lead  
McRae, Alex - Utah County Program Coordinator  
Ririe, James - Service Pillar Lead & Front desk Coordinator  
Armading, Nikki - Finance Controller  
Komenda, Paul - Operations Officer  
Adams, Logan - General Manager & Fitness Instructor  
Burton, Randy - Nutrition Coordinator & Fitness Instructor  
Hoefgen, Haylee - Marketing Coordinator  
Jefferson, Amy - Fitness Instructor, Fish Whisperer  
Ollerton, Korky - Creative Arts Coordinator  
Peterson, Mindy - Utah County Front Desk Coordinator  
Reed, Kristin - Outreach Coordinator  
Steffler, Savannah - External Outreach Coordinator  
Thurston, Nate - Creative Arts Coordinator  
Benedict, Ben - Fitness Instructor  
Burtchina, Elijah - Fitness Instructor  
Christiansen, Katherine - Fitness Instructor  
Davydova, Marina - Fitness Instructor  
Dimoh Patrick - Fitness Instructor  
Erickson, Casey - Fitness Instructor  
Ferry, Felicia - Fitness Instructor  
Frasier, Caroline - Fitness Instructor  
Garcia, Lacey - Woman's Group Lead  
Heaslett, Nathan - Fitness Instructor  
Kate Losser - Fitness Instructor  
Maehl, Eric - Fitness Instructor  
Martin, Matthew - Community Advisory Board Chair  
McCready, Bradley - Fitness Instructor  
Norrell, Jefferson - Fitness Instructor  
Poulson, Mikelle - Meditation Instructor  
Sheeran, Shea - Fitness Instructor  
Wicker, Jonathan - Fitness Instructor  
Young, Daphne - Fitness Instructor  
Wilson, Richie - Fitness Instructor



## Board of Directors

Clay Stephenson - Board Chair  
Martha Macomber - Vice Chair  
Pat McGill - Treasurer  
Dan Parrish

## Honorary Board Member

Doug McNeil

# 2023 FOUNDATION & CORPORATE SUPPORT

Allen Foundation  
American Express  
Costco  
Davidson Sales & Engineering  
George S. & Dolores D. Eccles Foundation  
Larry H. Miller Charities  
Macomber Family Charitable Trust (Charitable)  
Mark Miller Subaru  
Marriner S. Eccles Foundation  
Orem City  
Performance Automotive  
Rocky Mountain Power Foundation  
Select Health  
Slave 2 Nothing Foundation  
Smith's Food and Drug  
Sorenson Legacy Foundation  
Technology Marketing Inc.  
The Daniels Fund  
Zions Bank  
Zoo, Arts & Parks (ZAP)  
Price Real Estate



# 2023 RECOVERY PARTNERS

7th Street Treatment  
Acqua Recovery  
Alpine Recovery  
Ardu Recovery  
Ascend Recovery  
Balance House  
Brighton Recovery  
Center for Wellness  
Corner Canyon  
Department of Workforce Services  
Diamond Recovery  
First Step House  
Gail Miller  
Journey Treatment  
New Roads Behavioral  
Newport Academy  
Odyssey Adolescents  
Odyssey CATS  
Odyssey House  
Odyssey MH  
Odyssey Parents  
Papillion House  
Pinnacle Recovery  
Power Forward  
Red Barn Academy  
Renaissance Ranch  
Salt Lake Behavioral Health (Strong Hope)  
Steps Recovery  
Summit County Jail  
Summit Counseling  
The Phoenix Recovery  
Turning Point  
Valley Core  
Valley Epic  
Valley Phoenix  
Wasatch Behavioral



# THANK YOU TO OUR 2023 GRAND DONORS

Our 2023 Grand Donors Program is made up of an extraordinary group of generous individuals who supported Fit To Recover and its programs for people in recovery from substance use disorder. We appreciate each of you.

Thank you for believing in our mission.

Andrew Roberts  
Mike Bullock  
Cody Hansen  
Deborah Jefferson  
Nancy Whiteman  
Clay Stephenson  
David Campbell  
Ross & Jan Wilkins  
Peter Gloeckner  
Lou Swaringen  
Tonya Call  
Brad Walton

Dan Hinckley  
Patrick McGill  
Stephen & Suzanne Acker  
Mike Bullock  
Hannah Eldredge  
David Casarotto  
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