



February 2020 FADAP E Message

Wellness App for Flight Attendants

With interactive features relating to:

Medication & Flying

Flight Attendant Prescription Drug Screener
Prescription Drug Education
Dear Doctor Card

Stressful Events

Check for Post Trauma Stress
Coping with Trauma

Alcohol Use

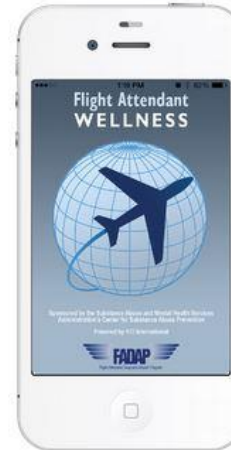
Flight Attendant Alcohol Screener
Alcohol Education

Sleep

Sleep Quality Screener
Insomnia Screener
Sleep Education

Meditation & Relaxation

Meditation Training



Available for [iPhone](#) and [Android](#)

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"Wings of Sobriety"

Telephonic meetings are open to all Flight Attendants who are exploring their need for or seeking recovery from substance use disorders.

Meeting times are scheduled on
Wednesday at 3:00 pm EST &
Sunday at 5:00 pm EST.

Each meeting will last between forty-five (45) minutes to one (1) hour.
The conference call in number is

1-855-544-2320.



SAVE THE DATE!



**10th Annual FADAP
Conference**

**August 18-20, 2020
Baltimore, MD**