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### **Life Coach, Counselor to Speak at Dimensions on Tuesday, Oct. 14**

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# Life Coach, Counselor to Speak at Dimensions on Tuesday, Oct. 14

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Office of University  
Communications

**Written by Brooke Kelly, Communications Intern**

*Mike Reis to Share Perspective on Overcoming Addictions*

BOILING SPRINGS, N.C. — The Dimensions program at Gardner-Webb University announces its 10th guest for the 2014-2015 academic year. Author and addiction recovery coach Mike Reis will share his story of overcoming the battle of alcoholism and other addictive behaviors on Tuesday, Oct. 14 at 9:25 a.m. in the Paul Porter Arena, located inside the Lutz-Yelton Convocation Center (LYCC). The event is free and open to the public.

Reis is an author, speaker, master-certified life coach and addiction counselor who believes that it's never too late to become the person God intended.

“Each year in Dimensions, we schedule a program to raise awareness about alcohol and other drugs. We coordinate this program with the Department of Athletics and the Office of Housing and Residence Education,” shared Dr. Tracy Jessup, vice president of the Office of Christian Life and Service and senior minister to the University. “This year’s speaker has an interesting perspective to share not only about recovery from his addictions, but also God’s redemptive work in restoring his relationship with his family.”

Since becoming a Christian in 2005, Reis has dedicated his life to God, family and serving others. He feels most called to help men live a purposeful life and to carry his message that being a good father, husband, and spiritual head of household is about much more than living for yourself.

Reis has six adult children and two grandchildren. One of his sons, Chris, is NFL Super Bowl XLIV champion and former New Orleans Saints safety.

For more about Reis and his story, visit [recoveryofalifetime.com](http://recoveryofalifetime.com).

Gardner-Webb University’s Dimensions programs are free and open to the public. The goal of Dimensions is to enhance the spiritual, intellectual and cultural life at the University and also to promote a sense of community. Dimensions programs are held on Tuesday at 9:25 a.m. in the LYCC. More information is available by calling 704-406-4277.

*Located in Boiling Springs, N.C., Gardner-Webb University’s purpose is to advance the*

*Kingdom of God through Christian higher education by preparing graduates for professional and personal success, instilling in them a deep commitment to service and leadership, and equipping them for well-rounded lives of lasting impact, Pro Deo et Humanitate (For God and Humanity).*