



## PRESS RELEASE

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### ***Addicted to Comedy Show Proves Laughter is the Best Medicine When It Comes to Recovery***

*The Sober Recreation Committee and The Council on Recovery Provide Awareness and Laughter about Addiction and Recovery at Annual Addicted to Comedy Event*

HOUSTON, September 18, 2015 – On October 3, three comedians will take the stage in Houston to offer a look at the lighter side of addiction and recovery at **Addicted to Comedy\***, an annual comedy show held each year by the Sober Recreation Committee and The Council on Recovery in honor of National Recovery Month.

This year's show promises to be one of the funniest yet with headliner **José Sarduy**, a Cuban-born U.S. Air Force pilot who gathers his hilarious material from a wealth of life experiences accumulated during the rollercoaster ride that has been his life. He has been featured on CNN, CBS, Fox, and Lifetime's *Coming Home: Gls of Comedy*.

**Shayla Rivera**, known as the Funny Rocket Scientist, performs stand-up comedy worldwide and is proud of her tours to entertain the troops in Iraq and around the world. Shayla has numerous TV credits to her name including *Comics Unleashed*, and was part of the Comedy Central special *Comedy Rehab* with Paul Rodriguez.

**Jay Lafarr** has performed in 43 states and five countries during his 12 years as a stand-up comedian. Drawing from his Mohawk Indian father and British mother, numerous job experiences, and failed relationships, his comedy certainly comes from the heart.

"Most people in recovery have been through hard times, and must continue to work every day to maintain their sobriety., said Vanetta Murphree Peterson, chair of the Sober Recreation Committee, who co-sponsors the event. "They work the 12 Steps, work with their sponsor, work with their support groups, and work to maintain healthy relationships with others. To be able to provide an event where they are able to show up, enjoy a few laughs, and recharge their batteries is something we are proud to offer our recovery community here in Houston."

"We are excited to co-host the annual Addicted to Comedy show once again at The Council on Recovery," commented Mel Taylor, President and CEO of The Council on Recovery. "Community events like these provide the opportunity to talk about addiction issues in a light-hearted manner while reinforcing the fact that anyone can enjoy life to the fullest without using alcohol or drugs."

Addicted to Comedy will be held on Saturday, October 3, 2015 from 8:00 – 10:00 pm at The Hamill Foundation Conference Center at The Council on Recovery, 303 Jackson Hill Street, Houston, Texas 77007. Tickets (\$20 general seating or \$30 premium seating) can be purchased online at [www.councilonrecovery.org](http://www.councilonrecovery.org). Proceeds from this event support the Sober Recreation Committee, which helps those in recovery to develop a network of supportive friends and healthy activities.

For more details about this event or to reserve media seating, please contact Claire Holmes by calling 281.200.9333 or emailing [cholmes@councilonrecovery.org](mailto:cholmes@councilonrecovery.org).

\* *Mature Content: Must be 18 and older to attend.*

### **About the Sober Recreation Committee**

The Sober Recreation Committee (SRC) is a group of volunteers devoted to providing fun events for people who are recovering from addiction and who are involved in 12-step programs. SRC events (such as "Addicted

to Comedy," "Heat Stroke Golf," and Spring Bowling) draw hundreds of people, many without the funds to otherwise participate in these types of activities. For more information about the Sober Recreation Committee, please visit <http://srchouston.org/>.

### **About The Council on Recovery**

With a combined 117 years of experience, The Council on Alcohol and Drugs Houston (founded 1946) and Austin Recovery (founded 1967) have rebranded as The Council on Recovery. The combined organization offers the best in behavioral healthcare for the diverse communities of Texas, and a full continuum of treatment services and recovery support including the highest quality of residential and outpatient services for all individuals and families in need. The Council on Recovery is a nonprofit agency affiliated with the United Way, and also receives funding from The Texas Department of State Health Services as well as private contributions, special events and program fees on a sliding-scale basis according to client need. For more information about The Council on Recovery, please visit [www.councilonrecovery.org](http://www.councilonrecovery.org).

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