



PRESS
RELEASE

‘Kentucky Health’ discusses addiction and recovery during the COVID-19 pandemic

FOR RELEASE: Feb. 8, 2021

Dr. Wayne Tuckson welcomes Matt Brown, vice-president of administration at Addiction Recovery Care, a multi-service addiction recovery services provider in 17 counties in Kentucky. Using his own story from addiction to recovery as an example, Brown shares the best strategies for achieving and maintaining sobriety from drug and alcohol abuse and how ARC can help at every step along the way.

The episode *Kentucky Health: Addiction and Recovery in the Time of COVID-19* airs Sunday, Feb. 21, at 12:30 pm/11:30 am on KET and Monday, Feb. 22, at 2/1 pm on KET2.

Kentucky Health is a weekly KET program that seeks to improve the people’s health through education and increased awareness. *Kentucky Health* is hosted by Dr. Wayne Tuckson, a colorectal surgeon in Louisville, and produced by Laura Krueger.

KET is Kentucky’s largest classroom, where learning comes to life for more than one million people each week via television, online and mobile. Learn more about Kentucky’s preeminent public media organization at KET.org, on Twitter [@KET](https://twitter.com/KET) and at facebook.com/KET.

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