

The retreat starts at 4:00 p.m. on Friday, and ends at 11:00 a.m. on Sunday.

Suggested items to bring:

- folding chair & blanket for fire ring,
- Journal and writing implements,
- AA Big Book,
- OA 12 x12,
- Meditation Books,
- walking shoes,
- comfy clothes
- personal hygiene items

The retreat will include a raffle. Please bring an item to contribute to the raffle. Tickets will be \$1, or 6 for \$5.

We will have a 7th Tradition basket available for your contributions to CAIOA, as well as literature for sale.

Each room features two single beds and a private bath. Splitting of rooms are allowed, but please keep in mind that this will only apply to the room cost and not the meal cost.

We also have a Saturday only option available for those who want to come for the day.

Please mail completed registration forms by **Friday, March 31st 2017**, along with your payment to:

Gloria Westover

1835 Ott Memorial Dr Apt B-11

Conway, AR 72032

501-697-2779

Name _____

Phone _____

Roommate's Name (if applicable)

Phone _____

Accommodations (Price is Per Room)

- Friday Night \$50 _____
- Saturday Night \$50 _____
- Saturday Only \$25 _____

Meals	# People	Total
• Dinner Friday \$10	_____	_____
• Breakfast Saturday \$10	_____	_____
• Lunch Saturday \$10	_____	_____
• Dinner Saturday \$10	_____	_____
• Breakfast Sunday \$10	_____	_____
• Total		

Accommodations and Special Requests: Please list any food restrictions or accessibility needs. We will make every effort to accommodate your needs.

The Big Book:

A Bridge to OA

Central Arkansas Intergroup of
Overeaters Anonymous Spring Retreat



April 21-23, 2017

At Heifer Ranch

OAarkansas.org