

Spring Cleaning

Central Arkansas Intergroup of
Overeaters Anonymous Spring Retreat



April 22-24

At Heifer Ranch

55 Heifer Rd Perryville, AR 72126

Customize Your Retreat

Please check your choices. Each Room is Private. Each room has two single beds and a private bath. (If you have someone with whom you wish to share a room, please feel free to split the cost of the room.) We will have a 7th Tradition basket available for your contributions to CAIOA.

Name _____ Phone _____

Roommate's Name (if applicable) _____ Phone _____

Please check all that apply (each meal is per person)

- Friday Night \$50 _____
- Saturday Night \$50 _____
- Saturday Only \$25 _____
- Dinner Friday \$10 _____
- Breakfast Saturday \$8 _____
- Lunch Saturday \$10 _____
- Dinner Saturday \$10 _____
- Breakfast Sunday \$10 _____
- Total _____

We do have some scholarship money available. If you need a scholarship, please use the space below to tell us.

I do need a scholarship. I can pay _____ for the Spring retreat. If you have special dietary restrictions, Heifer can make accommodations.

Please list here: _____

Very Important

Please fill in all areas of registration form (page 2). If you are sharing a room with someone and using one registration form, please remember that the **ONLY** thing you split is the cost of the room. Each guest will pay for their own meals individually. For example: If there are two of you in a room and you both want dinner Saturday night, the total amount you would put is \$20, for 2 dinners.

Please mail completed registration forms by Friday, March 25th 2016, along with your payment to:

Gloria Westover
12 Richard Rd
Conway, AR 72032
501-428-4593

Please make checks payable to CAIOA

The retreat starts at 4:00 p.m. on Friday, and ends at 11:00 a.m. on Sunday. Bring comfort items such as folding chair & blanket for fire ring, journal, writing implements, AA Big Book, OA 12 x12, Meditation Books, walking shoes, comfy clothes and extra money for the items at the gift shop.

Heifer Ranch Driving Directions

Heifer Ranch is located in Perryville, Arkansas 72126, off of Highway 9/10 on Union Valley Rd, 501-889-5124.

PLEASE NOTE: If using a GPS enter 41 Union Valley Rd, Perryville, AR 72126. Using the Ranch address can send you **into the Ouachita National Forest.**

From Conway

Take Hwy 60 W from Toadsuck Park (which is on the Arkansas River) for approximately 15 miles. Turn left onto Hwy9/10 for approximately 2 miles, you will see a large Heifer Ranch turning you onto Union Valley Rd. Go approximately 1.2 miles and turn right at the second Heifer Ranch sign.

Alternate Route From Conway

Take I-40 West for approximately 20 miles to exit 108 at Morrilton. Go South on Hwy 9 for 17 miles (will become Hwy9/10). You will see a large Heifer Ranch sign approximately 2 miles outside of Perryville on Union Valley Rd. Go approximately 1.2 miles and turn right at the second Heifer Ranch sign.

From Fort Smith, Arkansas

Take I-40 East 100 miles to exit 108 at Morrilton. Go South on Hwy 9 for 17 miles. You will see a large Heifer Ranch sign approximately 2 miles outside of Perryville on Union Valley Rd. Go approximately 1.2 miles and turn right at the second Heifer Ranch sign.

From Little Rock, Arkansas

Take I-430 to the Cantrell Street Exit. Take Hwy 10 West and go approximately 45 miles. You will see a large Heifer Ranch sign on the left at Union Valley Rd. Go approximately 1.2 miles and turn right at the second Heifer Ranch sign.

From Little Rock National Airport

Exit Airport and follow signs for I-440. Take I-440 West to I-30 East towards Downtown. Take I-30 East to I-630. Take I-630 to I-430 North Take I-430 North to Exit #9 which is the Hwy 10/Cantrell Street Exit. Take Hwy 10 West for approximately 45 miles. You will see a large Heifer Ranch sign on the left at Union Valley Rd. Go approximately 1.2 miles and turn right at the second Heifer Ranch sign.

From Hot Springs, Arkansas

Take I-30 North to the I-430 North Exit (Exit 129). Take I-430 North to the Cantrell Street Exit. Make a left onto Hwy 10 West Take Hwy10 West for 40 miles. You will see a large Heifer Ranch sign on the left at Union Valley Rd. Go approximately 1.2 miles and turn right at the second Heifer Ranch sign.

Alternate Route From Hot Springs:

Take Hwy 5 East to Hwy 9 North (you will go through Paron, AR), follow Hwy 9 North to Hwy 10 North. Continue on Hwy 10 North for approximately 8 miles. You will see a large Heifer Ranch sign on the left at Union Valley Rd. Go approximately 1.2 miles and turn right at the second Heifer Ranch sign.

