

Overeaters Anonymous Fall 2010 Retreat

Theme: *Pray, but row the boat.*

Sponsored by NYS Capital District Intergroup

Date: *Saturday, October 30th* Time: *10 am - 4pm*

Registration begins at 10 am in the Third Floor Conference Room

Suggested Donation: \$8.00. However, no one will be turned away.

*Who: This retreat is open to anyone who has the desire to stop eating compulsively.
There will be up to 6 guest speakers and 6 local speakers.*

Location: *Stratton VA Medical Center*

113 Holland Avenue, Albany, NY 12208

This facility is handicap accessible.

Food & Beverages: There are many places to eat near the VA Center. People are also welcome to pack a lunch to bring. There are refrigerators available for food storage. However, there are no microwaves or other means available for heating food. Water will be provided, but no other beverages.

Noteworthy:

1.) Various donated items will be raffled off to help subsidize the costs. Raffle tickets will be sold 5 tickets for \$1. If you pay \$10 at the door upon registration, the extra \$2 will get you 15 raffle tickets.

2.) There will be a clothing exchange, so people are free to bring in any laundered clothing items that no longer fit or that they don't want. People will also be welcome to take clothing as they wish. Any remaining items will be donated.

Contacts: Gloria @ (518) 427-1017 or Mary @ (518) 427-5040.