

OVEREATERS ANONYMOUS
REGION 9 ENGLISH LANGUAGE SERVICE BOARD
ANNUAL RETREAT

Easy Does it

in Bacharach, Germany

September 24-26, 2010

Once again, this year's retreat will be held at Burg Stahleck youth hostel (Jugendherberge), a beautiful fairy-tale castle above the town of Bacharach on the Rhine river. Retreat activities will start Friday evening and last until Sunday lunchtime. All meetings and activities will be in English.

GENERAL INFORMATION

1 PRICES

- Registration fee for retreat activities: 10,00 (must be paid by all attendees).
- Room & full board at the castle for the weekend: 57,80
- 1-day room & full board (breakfast, lunch, diner): 28,90

2 GENERAL INFORMATION HOSTEL

- The rooms may hold up to 6-8 people. There are no single or double rooms available.
- Bed linens are provided but you must bring your own towel.
- Food: is typical "youth hostel cuisine" and is served buffet style with a vegetarian option. Unfortunately the hostel is unable to accommodate food choices beyond that. Please ask if you need more information about the types of foods usually served.

3 REGISTRATION PROCEDURE

- **DEADLINE FOR ROOM REGISTRATION IS JULY 16, 2010**
- Registration and fees are nonrefundable but you can have someone else take your place.
- Registration is complete when we have received your form *and* registration fee.

4 FURTHER ACCOMODATION OPTIONS

If you do not want to stay at the hostel (or if you wish to register later), there are several other hotels in the town of Bacharach (the castle is a lovely 15-30 minute walk up the hill from the town). The 10 Euro registration fee still applies. For more information on rooms and hotels in Bacharach, contact:

Rhein-Nahe Tourist Board
Rhein-Nahe Touristik e.V. Bacharach
Oberstraße 45 ,55422 Bacharach
Tel: 06743/919303 Fax: 06743/919304
E-Mail: info@rhein-nahe-touristik.de
Web: www.bacharach.de, www.rhein-nahe-touristik.de

BANK TRANSFER INFORMATION

Please make all payments by bank transfer. To save transfer fees, we recommend getting together with others in your area who are also attending and paying with one group transfer.

Account name: C. Dogterom
Account number. **750442654**
IBAN **NL49INGB000750442654**
SWIFT /BIC CODE **INGBNL2A**

After sending your electronic payment, please send your registration form to cadootje1971@gmail.com(preferred), or by post to:

C. Dogterom
Langestraat 49c
1211 GT Hilversum
The Netherlands

Information packets (directions, program, etc) will be sent out to registered participants approximately 6 weeks before the retreat (August).

Any Questions? Contact: oar9elsb@yahoo.com

Please tell people at your meeting about this retreat and forward this information to any program friends who might be interested.

OVEREATERS ANONYMOUS REGION 9 ENGLISH LANGUAGE SERVICE BOARD ANNUAL RETREAT 2010

REGISTRATION FORM

Your name:

Number of people:

Male:

Female:

Address:

Country:

Telephone:

E-mail:

Weekend (57,80):

Friday (28,90):

Saturday (28,90):

Registration Fee (10,00):

Total Amount transferred:

Euro

Please return this information to cadootje1971@gmail.com or to the address given above

**WE CAN NOT DO IT ALONE! ARE YOU WILLING TO LEAD A MEETING
OR DO SERVICE? PLEASE LET US KNOW.**