

5th Annual

Upper Peninsula Overeaters Anonymous Spring Retreat



Dr. Bob

"KEEP IT SIMPLE"

Ford Center
Alberta, MI
May 21st – May 23rd



Bill

Please Apply by March 31, 2010

On-Site Registration starts at 3 pm, Friday, May 21

Retreat begins at 7 pm Friday and concludes at noon Sunday

Retreat Highlights

- 12 Steps
- Sponsorship
- OA-How Meeting
- Clothing Exchange
- Bonfires
- Outdoor Activities
- Handicap Accessible



Located in Alberta, MI, home of
Ford Center Museum.

Look for Sawmill Smokestack

<http://fordcenter.mtu.edu/pdfs/brochure.pdf>

Accommodations include:

Dining Hall, Conference Room,
dorm style rooms, Recreation
Building, Sauna Building and
bonfire pit.
One mile to Canyon Falls nature
trail.

Things to Bring to The Retreat

- OA Twelve Step &
Twelve Traditions Book
- All Season/Weather
Clothes
- Camp Chair for Sitting by
Bonfire
- Clothing for exchange or
Sale
- Your Experience, Strength
& Hope

Fill Out & Mail Registration Form

Name: _____

Address: _____

City/State/Zip _____

Email: _____

Home Meeting: _____

Fee Schedule:

Full Package 2 days (double occupancy) \$100 _____

Full Package 2 days (single occupancy) \$130 _____

Full Package 1 day (double occupancy) \$50 _____

Full Package 1 day (single occupancy) \$65 _____

Full Package includes food and lodging

1 day food – no lodging \$30 _____

No meals – No lodging \$20 _____

(please circle)

Assign me a roommate

I am an Early Riser

I am a Night Owl

or

I would like to share a room with-

Please apply early so we can plan our food supplies

I am contributing an extra amount toward the Scholarship
Fund. Thank You \$ _____

Total Enclosed \$ _____

Please contact me with volunteer
opportunities at the retreat.

**Regretfully there are NO REFUNDS, though
Replacements are accepted.**

**Make checks payable to: Overeaters Anonymous Retreat
Mail to: Sandra K., P.O. Box 624, Gwinn MI 49841**

Partial scholarships are available-
Contact Mike D. at mduschene@charter.net or 906-353-7346

For volunteer opportunities – Call Janice 906-395-0695

