

Join us in a Weekend of Recovery!

October 25-26, 2024

Friday, October 25

5-7p.m. Check-in/Fellowship
7-9p.m. Welcome & Speakers

Saturday, October 26

7-9 a.m. Three OA meetings
8-9a.m. Check-in/Fellowship
9 am-noon Speakers/Pitches
11:45-1:45 Lunch & Fellowship
1:45-4:30 Speakers / Pitches

Hospitality Room with Ref,
microwaves, etc.

Lunch

(included in conference registration fee)

- TACO SALAD FOR ALL
- Protein: beef, chicken, beans, cheese
- Veggies: lettuce, peppers, cukes, tomatoes, onions & more
- Starch: rice, beans, soft taco shells (flour & corn)
- Fats: sour cream, guac, dressing
- Fruits: mixed, fresh fruit bowl
- All seasonings, condiments and foods have either no sugar or it is listed 5th or lower on the ingredients label
- Vegetarian and vegan friendly
- Menu mostly gluten-free
- Coffee, tea & water
- Food scales, measuring cups/spoons available.

Hotel - Crowne Plaza

3131 Campus Drive, Plymouth, MN 55441

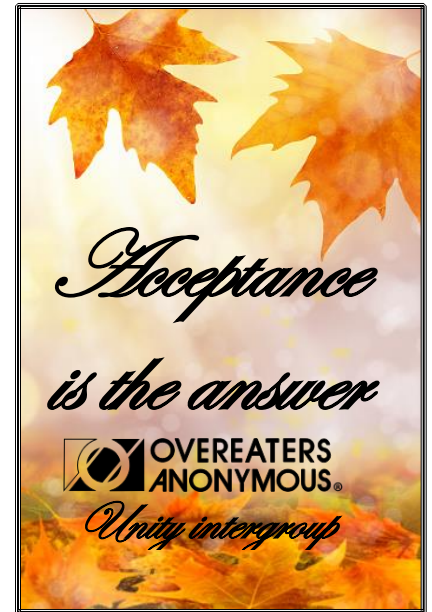
- To book a room, call 763-559-6600 and request the Overeaters Anonymous block room rate of \$115. Room registration deadline is Oct. 10, 2024.
- The hotel has a microwave in the lobby and a limited supply of rooms with microwaves. You may request a microwave when checking in.
- Breakfast is available from 6:30 to 10 a.m. in the Creekside Cafe at the hotel. Cost of breakfast is not included with the room.

You must register in advance at:

www.overeaters.org/upcoming-oa-events/

Register early as space is limited

To mail in registration please contact Dawn:
dawnspielman@me.com



Registration Rates

Early Rate \$75
(mail by 9/15/24)

After 9/15/24 \$85

Registration includes lunch.
Registration deadline
10/10/24

*Registration must be received by 10/10/2024.
No refunds. If you register but are unable to attend,
please consider giving or selling your space to someone
who can use it.*