

The Spiritual Toolkit: Build a Solid Recovery



www.lightonthehill.org

For more information, contact

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The retreat fee, which includes lodging and 6 meals (Friday dinner to Sunday lunch) is \$205 and is due at registration.

Space is limited. Registration is first-come-first-served in order of USPS postmark. No refunds will be made, but we will allow you to find a substitute to take your place if you cannot attend, or we will recommend someone from the waiting list.

Please note: The retreat center's kitchens serve an entirely vegetarian/vegan menu. Light on the Hill does not allow animal products to be prepared on the premises; however, there will be a refrigerator available for those who bring abstinent food items, such as cooked meats. Food will be sweetener-free.

A weekend retreat

sponsored by the Ithaca, NY
Overeaters Anonymous Intergroup

April 9-11, 2010

Light on the Hill Retreat Center, VanEtten,
NY

**Put a spring in your Steps and join us
for an intimate experience in a special
spirit-filled place. Steps, tools,
fellowship, and more ..**



Registration Form

Name _____

Mailing Address _____

Phone _____ Email _____

Emergency Contact (name & phone) _____

Roommate Preference (if double is available)? _____

Any accessibility or special lodging needs? _____

Mail form with a check or money order payable to Ithaca OA Intergroup to:
Melissa C. Fowler (Attn: April Retreat at LOH-I), 378 Ellis Hollow Creek Road, Ithaca, NY 14850
You will be sent a notification e-mail when your registration is received.