

OVEREATERS ANONYMOUS METROWEST INTERGROUP

# IT WORKS. IT REALLY DOES!

Overeaters Anonymous  
Weekend Recovery Retreat 2026

Friday, June 12 – Sunday, June 14  
La Salette Retreat Center, Attleboro, MA



LEARN MORE : [WWW.METROWESTOA.ORG/RETREAT](http://WWW.METROWESTOA.ORG/RETREAT)

# THE DETAILS



Join us for a weekend of connection, learning, growth & mutual encouragement! Together we will study and explore recovery and the steps. Through shared experience and fellowship, we strengthen our recovery and our community.



## **WHEN**

**Friday, June 12 – Sunday, June 14**

Check-in begins 5:30 PM Friday

Retreat begins 7:00 PM Friday

Retreat ends 11:30 AM Sunday

## **WHERE**

**La Salette Retreat Center**, 947 Park Street, Attleboro, MA

*A peaceful wooded setting near Audubon walking trails.*



## **About the Retreat:**

Our weekend will feature structured times of small group connection, prompts for individual journaling and reflection, optional guided movement sessions, optional OA meetings, and of course, plenty of free time to explore the beautiful grounds of La Salette!



## **What to Expect**

- Recovery topics using the Steps and Big Book
- Optional choices include: Meditation and quiet reflection, movement and creative activities
- Fellowship and community connection
- Free time for rest, conversation, or nature walks

LEARN MORE : [WWW.METROWESTOA.ORG/RETREAT](http://WWW.METROWESTOA.ORG/RETREAT)



# MORE DETAILS



## Registration

**Retreat Fee: \$295**

Registration includes:

- Two nights in a private single room
- Shared adjoining bathroom
- Four meals
  - Saturday breakfast, lunch, and dinner
  - Sunday breakfast

Space is limited to 45 participants.

**Registration begins March 28 and closes May 15.**



## Register online:

[www.metrowestoa.org/retreat](http://www.metrowestoa.org/retreat)

Registrants will receive email confirmation and updated retreat details prior to the retreat.

*A limited number of \$100 scholarships are available.*



## What to Bring

Please bring a copy of Alcoholics Anonymous (The Big Book), Books are available at the OA Bookstore. [bookstore.aa.org](http://bookstore.aa.org)



Email with questions: [Retreat@metrowestoa.org](mailto:Retreat@metrowestoa.org)

LEARN MORE : [WWW.METROWESTOA.ORG/RETREAT](http://WWW.METROWESTOA.ORG/RETREAT)

# REGISTER HERE

## ★ MWI 2026 Retreat Registration Form

Please complete this form and mail with payment. Online Registration is preferred.

If online registration does not work for you:

Make checks payable to **MetroWest Intergroup**

Mail to: MetroWest Intergroup, PO Box 600, Needham, MA 02494 *Registrants will receive email confirmation and updated retreat details prior to the retreat.*

## ★ Basic Information

Name

Phone Number

Email

Please check the box below if you only eat plant based proteins.

## ★ Room Preference

Rooms include a shared adjoining bathroom. If you would like to request a specific neighbor (with whom you will share the bathroom), please indicate below.

We will do our best to honor requests.

Requested adjoining room neighbor: \_\_\_\_\_

## ★ Registration Type

Full Registration **\$295**

Scholarship Requested **\$100**

Have you previously received a MetroWest retreat scholarship?

If so, what date? (approximate)

## ★ Scholarships

MetroWest Intergroup offers a limited number of \$100 scholarships for participants who would otherwise be unable to attend. Scholarships are awarded on a first come, first served basis, with preference given to those who have not previously received one. To request a scholarship, please email [retreat@metrowestoa.org](mailto:retreat@metrowestoa.org) before registering. If approved, you may return to this form and select the reduced payment option (\$185). Do not select the reduced rate unless you have already received approval. **All payments must be received by May 15.**

LEARN MORE : [WWW.METROWESTOA.ORG/RETREAT](http://WWW.METROWESTOA.ORG/RETREAT)