

Please copy and distribute this flyer. Thank you.



The 157th Serenity Retreat of Overeaters Anonymous San Diego County Intergroup

June 11, 12 & 13
(5 PM Friday to 11 AM Sunday)

Pre-register \$135.00 *After May 20th \$155.00.

Big Book Bootcamp
Leader's Qualifications
Abstinent 11+ years and
maintaining normal body size.

Join the San Diego County Intergroup of Overeaters Anonymous for a week-end of recovery in the serene surroundings of Camp Cedar Glen in Julian. **This is an abstinent retreat. All meals are provided, from Friday dinner at 6:00 PM through Sunday Breakfast at 8:30 AM. Vegetarian meals available. Refrigerator and microwave available for your special foods.**

Dorm Buildings: Bring bedding, pillow, blankets or sleeping bag, towels, and personal items.

Suggestions: Lawn chair, swim suite, flashlight, coffee mug, writing materials. Sorry, NO PETS. NO VISITORS, NO PARTIAL PAYMENTS. Camp is smoke-free.

Call or Email Milly for private room availability.

Driving directions: Take I-8 to Hwy 79 north to Main St in Julian. Or take Hwy 67 to Ramona & merge Hwy 78. Or take I-15 north to Escondido. Take Hwy 78 East to Julian. Then turn left at stop sign on Main Street. (becomes Farmer Rd after 2 blocks). Continue for 2 miles north on Farmer Rd. Turn right on Wynola Rd. After 1 block turn left back onto Farmer Rd. Continue north for 3/4 mile. At bottom of hill, turn right onto driveway and continue 1/2 mile to Camp Cedar Glen. Proceed to Camerer Hall.

For additional directions or information, call any committee member.

Registration in Meeting Hall at 5PM

For Additional Information

Milly D. Registration
(619)-463-9683 <msmillydam@cox.net>

Iola B. Retreat Liaison
(619) 370-4594 <iolaishere@yahoo.com

Ron J. Treasurer
(858) 688-3579 <rjohnso8@san.rr.com>

Richard C. Scholarships
(619) 610-8525 <rawfoodpirate@yahoo.com>

Year 2010 Serenity Retreat Dates

June 11-13, October 8-10

www.oasandiego.org/retreat.htm

June 2010 REGISTRATION FORM

Please circle one:

Enclosed is: \$50.00 deposit or \$135.00 Payment in full or \$155.00 after May 20th or Scholarship Payment

Name _____ Phone _____ Email _____

There are no refunds. If you are unable to attend this retreat, your payment/deposit will be held for two years, to be applied to a future retreat.

To receive receipt, please send stamped, self-addressed envelope or your Email address.

Send registration to: SERENITY RETREAT, P O Box 2927, La Mesa, CA 91943-2927

Make check payable to: SERENITY RETREAT.

Contact Milly at 619.463.9683 or email: msmillydam@cox.net for information regarding "Special Needs."

The Retreat Committee looks forward to welcoming you and helping to make this retreat a wonderful experience.

PLEASE LEAVE YOUR VALUABLES AT HOME

Need a Ride - Give a Ride

If you need a ride or are willing to provide someone a ride, please circle "Need" or "Give" above, and write your address below.