



OA Serenity Retreat 2018

A Winning Abstinence

Villa Maria Del Mar Retreat Center
Santa Cruz, CA
April 27-29, 2018

Applying the 12 Steps & the OA Tools to Recovery for a Winning Abstinence

- Learn how to apply the steps daily to relieve the obsession to eat, purge, binge, etc
- 3 Fold Disease: Spiritual, Physical and Mental, Important to treat all 3
- Higher Power can relieve the obsession, not human power
- Importance of each step and the related principle

Join us at a beautiful oceanside retreat center which includes 2 nights accommodation & 6 abstinent meals

To register or for more information go to:
WWW.OASerenityRetreat.org

Contact us at 650-260-5537 or email
oaserenityretreat@gmail.com with questions

<u>Register</u>	Double	Single
Before 2/25/18	\$335	\$425
On or after 2/26/18	\$360	\$450

Commuter rates and scholarships also available

Sponsored by Overeaters Anonymous Silicon Valley Intergroup