



LEAP Into Recovery

An Afternoon in OA

*(sponsored by Visalia OA
& San Joaquin Valley Intergroup)*

Saturday, February 9, 2019

12 p.m. - 4 p.m.

Visalia Library (Upstairs)
200 W. Oak Ave., Visalia CA 93291

Some of our members may have relapsed, hit a plateau, or grown complacent at some point in their recovery, yet they have emerged more committed to the program and to their spiritual growth.

How did they do it?

Come listen as they share their successes (and maybe some setbacks, too) using guided imagery, guided meditation, inspiring CDs or podcasts, writing topic(s), specific reading, art, specific Step work, workshops, sharing at meetings, etc. What specifics turned their attitude around? What got them over the hump? There are many aspects to recovery, and we can help each other as no one else can!

**Come be inspired to internalize a bit of their recovery to help you
LEAP into recovery in OA!**

Suggested donation \$5 - No one turned away for lack of funds.

Questions? Please call or text Kate at (559) 300-8811