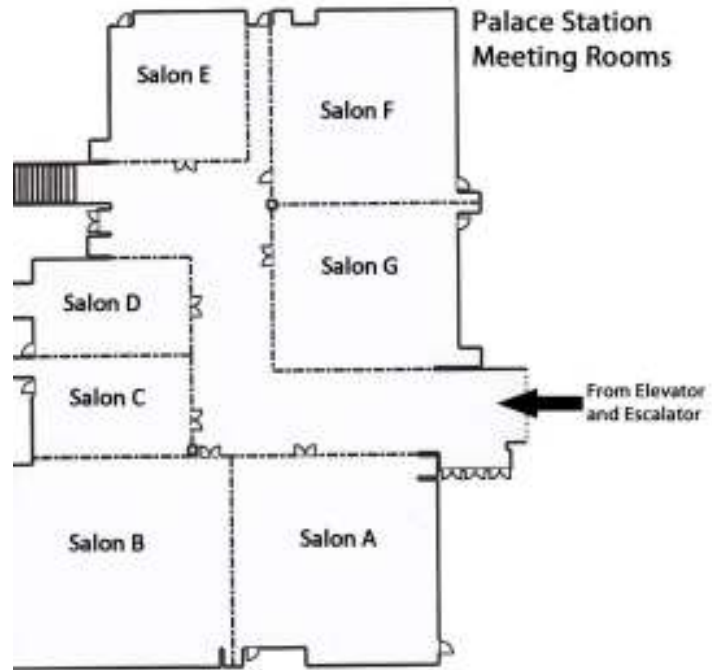


Welcome Home

Overeaters
Anonymous
Region III Assembly
& Convention
October 11-13, 2019



Schedule of Events

All events, times, and locations are subject to change.

| Friday | | |
|------------------------|-------------------------------------|--------------|
| 08:00a-02:00p | Steering Committee meeting | Salon C |
| 02:00p-09:00p | Registration Open | Foyer |
| 05:30p-09:00p | Sales table/Literature/Raffle table | Salon C |
| 03:00p-05:00p | Assembly Forum | Salon D |
| 05:00p-05:30p | Green Dot Orientation | Salon D |
| 05:30p-07:15p | Region Rep Dinner | Feast Buffet |
| 7:30p-09:15p | Opening Ceremonies | Salon G |
| 09:15p – 12:00p | Music and dancing | Salon G |
| 09:30p-10:30p | OA meeting | Salon C |

Saturday

| | | |
|----------------|--|---------|
| 08:00a-07:00p | Registration Open | Foyer |
| 08:00a-05:00p | Assembly | Salon E |
| 08:00a-09:00p | Sales table/Literature/Raffle table | Salon C |
| 07:00a-05:00p | Marathon Meetings/Workshops | Salon D |
| 07:00a-08:00a | GUIDED MEDITATION | Salon D |
| | SELF MEDITATION | Salon C |
| 08:00a-09:00p | Stepordy | Salon D |
| | Keeping Trade Secrets: Anonymity | Salon C |
| 09:00a-10:00a | Love It or List It - Journal for Joy! | Salon D |
| | Starting an Apprenticeship: Sponsorship | Salon C |
| 10:00a-11:00a | Love It or List It (continued) | Salon D |
| | Connecting the wires: Phone Calls | Salon C |
| 11:00a-12:00p | NO FEAR: The Natural, Open, Fresh, Easy and Rapid Way to Smash Writer's Block Forever and Use the Writing Tool | Salon D |
| | Brushing up on Directions: Literature | Salon C |
| 12:00p-01:00p | Fixer-Upper - Freshen Your OA Program! | Salon D |
| | Creating a Blueprint for Success: Action Plan | Salon C |
| 01:00p-02:00p | Fixer-Upper (continued) | Salon D |
| | Fixing Your Food: Plan of Eating | Salon C |
| 02:00p-03:00p | Clean Sweep - Living Resentment Free! | Salon D |
| | Hammering Out the Details: Writing | Salon C |
| 03:00p-04:00p | Clean Sweep (continued) | Salon D |
| | Sharing Tools of the Trade: Service | Salon C |
| 04:00p-05:00p | VR/Region 3 Accepting a New Way of Meeting: Together We Get Better | Salon D |
| | Axing Aloneness: Meetings | Salon C |
| 05:30p | Banquet doors open | Salon B |
| 06:00p | Banquet Starts | Salon B |
| 07:00p | Raffle | Salon B |
| 08:00p | Keynote Speaker | Salon B |
| 08:45p -12:00p | Prom Luau and Karaoke | Salon B |
| 09:30p-10:30p | OA meeting | Salon D |

Sunday

Check out by 11:30am

| | | |
|---------------|---------------------------|------------|
| 10:00a | Closing Ceremony | Salon D |
| 11:00a | CHECK OUT | Front Desk |
| 11:30a-12:00p | Wrap-Up Committee Meeting | Salon C |