



The Cranford NJ Saturday Morning Overeaters Anonymous Group presents:

# *FALL into RECOVERY*

*a half-day marathon*



***Saturday, October 13<sup>th</sup>, 2012***

**Program: 10 am – noon; registration and set up at 9:30 am.**

Calvary Lutheran Church, 108 Eastman St., Cranford, NJ. (entrance on Holly St.)

**\$5 donation** (nobody will be turned away due to lack of funds)

Join us after the half-marathon for either or both of these optional events:

- A Fellowship walk in Nomahegan Park with other OAs; meet about 12:30 pm.
- Social: Dutch-treat lunch or beverage with other OAs at the Rustic Mill Diner (109 North Avenue West, Cranford) following the walk

Calvary Lutheran Church is located in Cranford center, corner of Eastman St. and Holly St., across from the Cranford Post Office lot on Eastman St. Our marathon will be held in Fellowship Hall; up the slight ramp from the parking lot, through doors and on your left. Beverages will be available for donation.

The Fellowship Walk will meet in the Nomahegan Park parking lot, 1033 Springfield Avenue, Cranford (adjacent to Nomahegan Lake). It is across from Union County College. The entire distance is 2 miles along the fitness trail: however those who wish can walk a shorter distance.

*Questions? Call Kathy (908-358-5154) or Bea (732-494-3382)*

