



# I.D.E.A. DAY

International Day of  
Experiencing Abstinence

CJIOA and the Saturday Morning  
Old Bridge meeting welcome you to the  
Overeaters Anonymous Idea Day Marathon

Saturday, November 15, 2008  
Marathon 10:00AM – 3:00PM (9:30am registration)

Together we can do what we could never do alone

Raritan Bay Medical Center Old Bridge Division  
Ferry Road, Old Bridge, NJ  
Medical Arts Building – Lower Level

For information, call Ross 732-863-0242

\*Suggested Donation \$6.00 (If you don't have it, don't stay away—it's not the OA way)

## Directions:

Traveling East or West on Route 18 – Take Route 18 to Old Bridge. Follow signs to Ferry Rd. Raritan Bay Medical Center's Old Bridge Div is located about 200 yards from Route 18 on Ferry Rd.

Traveling North or South on Route 9 – Take Route 9 to Old Bridge. Follow signs to Ferry Rd. Exit at Ferry Rd. Raritan Bay Medical Center's Old Bridge Div is about half a mile on the right.

Traveling South on the Garden State Parkway – After the Raritan toll booth, stay to the right lane marked "Local All Exits". Take exit 123, Route 9 So (2nd exit after toll). Follow signs to Ferry Rd. Exit at Ferry Rd. Raritan Bay Medical Center's Old Bridge Div is about half a mile down on the right.

Traveling North on the Garden State Parkway – Take exit 120 (Laurence Harbor). Turn right at the stop sign onto Matawan Rd. Turn right at Cliffwood Rd., then left onto Morristown Rd. Continue to end, and turn right onto Route 34 No. Turn left onto Perrine Rd. and go to the light. Turn left onto Route 9 So. Follow signs to Ferry Rd. Exit at Ferry Rd. Raritan Bay Medical Center's Old Bridge Div is about half a mile down on the right.