



**Saturday, April 15, 2017**

**9:00 a.m. – 5:00 p.m.**

**PLACE: Barnabas Health Ambulatory Care Center,  
200 South Orange Avenue, Livingston, NJ, 07939**

**COST: \$20 per person**

*(includes binder of transcript, slides and all materials)*

Brown bag your lunch

Water and diet soda provided.

Sponsored by West Jersey Intergroup of Overeaters Anonymous

Join us for this wonderful day of recovery that will give you the opportunity to get an understanding of why the steps need to be done as outlined in the Big Book and what the results will be. Get inspired enough to want to work the steps – all 12 of them – as outlined in the Big Book. Leave this workshop with the enthusiasm and willingness to complete all 12 steps so that you can reach the place where peace of mind and usefulness exists.

This workshop is intended to give you the instructions on how to work the steps through the moderator's own personal experience and through hands-on/group participation practice doing each step including how to do the 4<sup>th</sup> steps inventories properly and what to do with them once they are completed. All 12 steps will be covered. Available sponsors will be at the workshop.

You will receive your own personal copy of all power point presentation slides, an extremely detailed description of everything the moderator will speak about at the workshop, instructions, examples, and forms.

If interested, please fill out the bottom portion of this form and return it,  
with your payment, **before April 8, 2017**, to  
Barbara Armstrong, 14 Buena Road, Parsippany, NJ, 07054.  
If you have any questions, please call Barb at 973-463-1998.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ TELEPHONE \_\_\_\_\_

E-mail (to send an 8-page pre-workshop item): *Please print your e-mail very clearly:* \_\_\_\_\_

You Will Receive Confirmation, Driving Directions and the Pre-Workshop Item **By E-Mail** on April 8.

**PLEASE BE ON TIME!!!**

**REGISTRATION 8:30-8:50 a.m. - WORKSHOP STARTS PROMPTLY AT 9:00 a.m.**

Return this portion of the form and your payment (check made out to WJIOA) to:  
**Barbara Armstrong, 14 Buena Road, Parsippany, NJ, 07054.**

**DIRECTIONS TO**  
Barnabas Health Ambulatory Care Center,  
200 South Orange Avenue, Livingston, NJ, 07939  
Contact: Barbara A. – 973-476-6497

**From Parsippany (using 287 South):**

Take Route 287 South. Get into the right hand lane AFTER the two Route 10 exits. Take exit 37 to Route 24 East. Go 2.17 miles and take exit 2B towards Florham Park. The exit will feed you onto South Orange Avenue/County Hwy 510. Go 4.5 miles and 200 South Orange Avenue is on your right.

**From Route 80:**

From either direction take the Route 287 South exit. Go 3-½miles. (Just before the 3-½miles, get into the right hand lane AFTER the two Route 10 exits). Take exit 37 to Route 24 East. Go 2.17 miles and take exit 2B towards Florham Park. The exit will feed you onto South Orange Avenue/County Hwy 510. Go 4.5 miles and 200 South Orange Avenue is on your right.

**From South Jersey:**

Take Garden State Parkway North to Exit 142B (Route 78 West/Springfield). Merge onto Route 78 West Local. Go 3.5 miles and, using exist 48, merge onto Route24 West. Go 1-½ miles and take exit 9B/Hobart Gap Road. Go ¼ of a mile and make a right on Hobart Gap Road/Hwy 608. Continue to follow County Hwy-608. Go 1.65 miles and turn left onto Parsonage Hill Road. Go 1-½ miles and Parsonage Hill Road becomes Passaic Avenue/County Hwy 607. Go .69 miles and turn left onto South Orange Avenue/County Hwy 510. Go .71 miles and make a U-turn onto South Orange Avenue. Go .43 miles and 200 South Orange Avenue is on the right.

**Parking:**

