

Registration Form:

Name	
Address	
City, State, Zip	
Phone	
Email	
Emergency Contact Name & Number	

Roommate Request:

Roommate #1	
Roommate #2	

Each room accommodates 4 to 6 people. There are 27 beds available, 7 of which are top bunks. Please let us know if you need a "ground level" bed due to physical limitations.

The kitchen provides sugar free and low-fat alternatives but may not be able to accommodate all food plan restrictions.

If you have strict dietary requirements we recommended that you bring a small personal cooler for items that meet your special needs.

No pets or children.

Greater Columbia Intergroup
of Overeaters Anonymous

Annual Retreat



June 21-23, 2019

Lazy F Camp & Retreat Center
16170 Manastash Road
Ellensburg, Washington 98926
www.lazyfcamp.org

Retreat Information

The retreat includes 2 nights lodging and 5 meals. Inspirational group sessions will be led by our retreat speaker who comes to us from Vancouver, BC. There will be free time for hiking, walking, reading, writing, and sharing.

Things to bring:

- Item for the raffle (optional)
- Personal items: soap, shampoo, etc.
- Clothes for warm or cool weather, comfortable shoes
- Extension cord for CPAP (please ensure that your CPAP runs quietly)
- Flashlight
- Refillable water bottle
- Big Book, AA 12x12, OA 12x12, one daily reader of choice (i.e., *Voices of Recovery* or *For Today*), notebook & pen

Bedding and towels are provided by the retreat center.

Friday, June 21st:

- Registration 3:00pm - 5:00pm
- Dinner 5:30pm
- Opening Session: 7:00pm - 9:00pm
- The retreat ends Sunday at noon

*There is no cell phone reception at the retreat center.
Emergency contact numbers for family members are:
(509) 962-2780 or (509) 925-4661*

Registration Information

To register: complete form and send with your check (please no postdated checks) or money order to:

GCIOA Retreat % Jennifer Whitish
9826 Vincenzo Drive
Pasco, WA 99301

Registration cost is \$165—Please pay by June 3rd.

If money is holding you back from registering, we may be able to help with a partial scholarship. Please contact Kathy at kakrueger1@msn.com for information.

Registrations must be made, and fees paid, in advance. No registrations or payments will be accepted at the retreat.

Cancellation requests must be in writing and postmarked or emailed to: OA.JenW@gmail.com by June 1st.

*Please make your check payable to “GCIOA Retreat”

Rate Per Person	Total Cost
Registration fee: \$165.00 Postmarked on or before June 3, 2019	
<i>Commuter Rates</i> Fri-Sat \$40 (no meals included) Fri-Sat \$75 (Fri dinner, Sat Lunch & Dinner) Sat \$65 (Lunch & Dinner)	
Merchandise Total (see insert)	
Donation for Scholarship Fund	
Total Amount Enclosed	