**Surviving relapse**

**& recovery for the long haul**

**conference call**

**THURSDAY, SEPTEMBER 12, 2019**

**7:00 PM PST**

***Hosted by region one oa***

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**Please join us for this one-hour meeting. Our speaker will share experience, strength and HOPE for approximately thirty minutes followed by open sharing. (If possible, please dial in a bit early to join the call.)**

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| **Method** | **Instructions** | **Notes** |
| **Online** | [**https://join.freeconferencecall.com/region1**](https://join.freeconferencecall.com/region1) | **You may need to download the Free Conference Call installer before you can join the call. Please plan a bit of extra time for this process.** |
| **US** | **Call: (515) 606-5360****Access Code:781502** | **Please dial in a bit early to join the call.** |
| **Canada** | **First try: (515) 606-5360****After try: (425) 535-9180** **Access Code: 781502** | **1. Back-up numbers are needed because Canadian phone companies “block” lines they determine conference call lines.****2. You may incur charges if you do not have US long-distance as part of your service. Consider joining the meeting using the online method (above).** |
| **Region One may record this conference call to add to our website’s audio resources page at:**[**www.oaregion1.org/audio-recordings.html**](http://www.oaregion1.org/audio-recordings.html) |