

Central Colorado Intergroup of Overeaters Anonymous Presents

New Year's Day 2019

Luncheon

Keep It Super Simple ~ Step One

"Recovery is a journey, and the Twelve-Step program is the road we travel together in OA."

Applewood Golf Course

14001 W 32nd Ave, Golden, CO

(On 32nd, west of Youngfield/1-70)

11:00 am to 2:00 pm

Event includes Speakers, Program Activities and Luncheon

Registration: Early Bird Special ~ \$25 through November 15th
\$30 Nov. 15 through Dec 15th

Online Registration at www.oadenver.org

All registrations, by cash, check or online, must be received by December 15th.
After December 15th, Wait List available in case of cancellations, Walk-In is \$45

All Payments are Non-Refundable

For all questions, scholarships and to volunteer contact Carolyn at

720-468-0639 or NYDC.CCI@gmail.com

Promote the Luncheon Event!

Print out this flyer and take it to your meeting.

Please ask your group to support this event with a donation for scholarships.

Name: _____ Home Meeting: _____

Name Preference for Name tag _____

Phone: _____ Email Address: _____

_____ Yes, I would like to provide a service at or before the event.

Scholarship Donation Amount: \$ _____

For Office Use Only: _____ cash _____ web

_____ ck & _____ # =

Send registration to: CCI, Attn: OA New Year Luncheon, P.O. Box 150395, Lakewood, CO 80225

Make checks payable to: Central Colorado Intergroup (or CCI)

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Luncheon

MENU

<i>Soups</i>	<i>Vegetable Lentil Soup</i> <i>Curried Butternut Squash Soup</i>
<i>Greens</i>	<i>Romaine & Winter Mixed Greens</i>
<i>Toppings</i>	<i>Carrots, Bell Peppers, Mushrooms,</i> <i>Blanched Broccoli, Chickpeas, Chopped</i> <i>Hard Boiled Eggs, Avocado & Black Olives</i> <i>Balsamic Vinaigrette, Ranch, Oil & Vinegar</i>
<i>Roasted Root Veggies</i>	<i>Sweet Potatoes, Parsnips, Carrots, Turnips,</i> <i>Daikon Radish with herbs of Rosemary,</i> <i>Thyme & Sage</i>
<i>Cheeses</i>	<i>Crumbled Feta & Shredded Cheddar</i>
<i>Protein</i>	<i>Grilled Chicken & Grilled Tofu</i>
<i>Fruit</i>	<i>Blueberries, Cantaloupe, Raspberries,</i> <i>& Watermelon</i>
<i>Other</i>	<i>Red Quinoa</i> <i>Plain Greek Yogurt</i>
<i>Beverages</i>	<i>Coffee, Decaffeinated Coffee, Hot Tea & Iced Tea</i>

No sugar will be used in the preparation of the food.
Only Olive Oil & Coconut Oil will be used in food preparation.