

## Region IV - How far are you willing to go for recovery?

	Black Hills	Central Illinois	Central Iowa	Central Minnesota	Decatur Outreachers	Greater Kansas City	Greater Omaha	Greater Ozarks	Heart of Canada	Heart of Illinois	IA City/Cedar Rapids	Mid Continent	Northeast Iowa	Northern Serenity	OA Links of Lincoln	Outstate Nebraska	Quad Cities	Red River Valley	River City Area	Southeast Iowa	St. Louis Bi-State	Sunflower	Tri-State Siouland	Unity
Black Hills	0	926	636	571	964	718	533	906	800	884	734	895	652	765	588	200	794	584	563	722	964	702	436	616
Central Illinois	926	0	308	537	44	388	449	380	918	44	197	578	275	524	499	911	135	697	365	212	175	440	504	470
Central Iowa	636	308	0	320	344	204	141	377	701	266	115	399	131	396	191	603	175	479	117	98	373	271	196	247
Central Minnesota	571	537	320	0	577	520	460	697	390	529	379	710	296	150	509	769	438	169	207	401	635	576	312	76
Decatur Outreachers	964	44	344	577	0	362	474	359	957	81	253	551	401	563	474	891	172	738	402	250	148	417	540	532
Greater Kansas City	718	388	204	520	362	0	199	189	823	364	319	192	332	597	204	684	378	607	330	231	255	66	283	449
Greater Omaha	533	449	141	460	474	199	0	386	638	407	256	427	270	535	58	471	316	422	256	231	442	180	98	386
Greater Ozarks	906	380	377	697	359	189	386	0	992	388	403	248	450	770	389	826	435	775	492	323	207	260	471	622
Heart of Canada	800	918	701	390	957	823	638	992	0	908	758	1008	676	383	694	980	817	221	587	781	1184	866	464	455
Heart of Illinois	884	44	266	529	81	364	407	388	908	0	153	603	233	626	456	848	93	685	323	171	178	417	462	453
IA City/Cedar Rapids	734	197	115	379	253	319	256	403	758	153	0	511	83	452	307	719	62	535	173	93	336	373	310	311
Mid Continent	895	578	399	710	551	192	427	248	1008	603	511	0	527	793	280	618	565	793	514	417	442	138	470	644
Northeast Iowa	652	275	131	296	401	332	270	450	676	233	83	527	0	370	319	732	142	453	91	128	414	400	217	221
Northern Serenity	765	524	396	150	563	597	535	770	383	626	452	793	370	0	592	904	512	315	281	476	767	659	514	158
OA Links of Lincoln	588	499	191	509	474	204	58	389	694	456	307	280	319	592	0	418	370	478	305	278	444	171	154	435
Outstate Nebraska	200	911	603	769	891	684	471	826	980	848	719	618	732	904	418	0	758	716	730	692	840	590	578	747
Quad Cities	794	135	175	438	172	378	316	435	817	93	62	565	142	512	370	758	0	594	232	175	274	432	370	362
Red River Valley	584	697	479	169	738	607	422	775	221	685	535	793	453	315	478	716	232	0	365	559	910	650	325	233
River City Area	563	365	117	207	402	330	256	492	587	323	173	514	91	281	305	730	175	365	0	196	545	371	203	133
Southeast Iowa	722	212	98	401	250	231	231	323	781	171	93	417	128	476	278	692	175	559	196	0	258	285	283	322
St. Louis Bi-State	964	175	373	635	148	255	442	207	1184	178	336	442	414	767	444	840	274	910	545	258	0	313	527	673
Sunflower	702	440	271	576	417	66	180	260	866	417	373	138	400	659	171	590	432	650	371	285	313	0	268	503
Tri-State Siouland	436	504	196	312	540	283	98	471	464	462	310	470	217	514	154	578	370	325	203	283	527	268	0	262
Unity	616	470	247	76	532	449	386	622	455	453	311	644	221	158	435	747	362	233	133	322	673	503	262	0

Region IV is encouraging intergroups to work together to strengthen their member's recovery.

What ways can we help each other carry the message to the still recovering compulsive eater?

1. Plan roadtrips to meetings that are struggling.
2. Have your Intergroup's newsletter posted at [www.oaregion4.com](http://www.oaregion4.com). Also, download other intergroup's newsletters, and hand them out at local meetings.
3. A joint recovery event will provide members with new faces, new stories, and a new window on their recovery.
4. Apply with another Intergroup for funding from Region IV for Public Information. Combining resources will get the message farther!