

**Overeaters Anonymous Region IV Assembly
October 15-16 in Coralville Iowa**

See additional flyer for recovery event information!

Travel:

The nearest regional airport is the Eastern Iowa Airport (CID), located 22 miles away from Iowa City in Cedar Rapids. It is serviced by Allegiant Air, American Airlines, Delta, NWA, and United. Shuttle service is also available, and charges \$36.00 (one way) and \$72 (round trip), prices subject to change. They are located within the airport, and it is recommended that you make a reservation ahead of time by calling 1-800-725-8460.

The following other airports are located 1-2 hours away:

Quad City International Airport (MLI), Illinois

Des Moines International Airport (DSM)

Event Location and Accommodations:

The event will be held at the Heartland Inn in Coralville, Iowa. Reservations can be made online at <http://www.heartlandinns.com> or by phone at 800-334-3277. **Please note:** Check in is at 3pm, and check out is at 11am. Specific information about the hotel can be found at http://www.heartlandinns.com/loc_IowaCity.php.

Some dining options and food shopping near the hotel:

- **Hy-Vee Supermarket**, 1914 8th St (intersection of 20th Ave and Hwy 6), Coralville, 319-351-5523: Open 24 hours.
- **New Pioneer Co-op**, 1101 2nd St, Coralville, 7:00 a.m. to 10 p.m. Monday through Sunday. www.newpi.com
- **Mondo's**, 516 2nd St., Coralville, 319-337-3000: 11:00 a.m. to 10 p.m. Monday through Thursday; 11 a.m. to 11 p.m. Friday and Saturday; 9:30 a.m. to 10 p.m. Sunday. Entrees: \$6.99 - \$15.99. www.mondos.net
- **The Wig and Pen**, 1220 Hwy. 6 W., Coralville, 319-354-2767. 11 a.m. to 11 a.m. Monday through Thursday, 11 a.m. to midnight Friday, noon to 10 p.m. Sunday. www.wigandpeneast.com
- **Cancun Restaurant**, 708 1st Ave Coralville Iowa 52241, 319-339-8500: 11 a.m. to 10 p.m. Monday through Thursday; 11 a.m. to 11 p.m. Friday; Saturday 11 a.m. to 10 p.m. Sunday 11 a.m. to 9 p.m.
- **Iowa River Power Company**, 501 First Ave., Coralville, 351-1904: 11:30 a.m. to 2 p.m. Monday through Friday; 5 p.m. to 10 p.m. Monday through Thursday; 5 p.m. to 11 p.m. Friday and Saturday; 10 a.m. to 2 p.m. and 4 p.m. to 10 p.m. Sunday. Reservations accepted. Major credit cards and local checks accepted. Entrees \$4.95 - \$23.95 www.powercompanyrestaurant.com

Information about Iowa City/Coralville:

For more information on the Iowa City and Coralville areas, please visit the website of the Iowa City & Coralville Area Convention and Visitors Bureau:

<http://www.iowacitycoralville.org/index.asp>



If you have free time in Iowa City and would like to explore a little, the Museum of Natural History, the University of Iowa Museum of Art, and the Old Capitol Museum are all within easy walking distance of downtown Iowa City and the conference site.

In addition, the [Iowa City Press Citizen](#) keeps an updated calendar of events in the Iowa City Area. Also, feel free to consult the University of Iowa's master [calendar of events](#) for events scheduled during the event dates.

Contact Nicki K. for additional information 319-530-0352 or nekoehler@gmail.com