



Memorabilia

T-shirts with the Region 4 logo are Available for sale at the convention. They are available in 6 colors: black, white, Vegas gold (light tan), lime green, red, and Carolina blue (medium blue). For T-shirt example, visit www.oaregion4.org website.

They sell for \$17.50 ea.
R4 Logo on upper left chest.
Sizes are small up to 5x.

Please indicate below what color and size you would like and don't forget to include the cost in your total when sending in convention fees.

Color (please check one):

Vegas gold _____ Lime green _____
Red _____ Carolina blue _____
Black _____ White _____

Size (please check one):

Small _____ 2x _____
Medium _____ 3x _____
Large _____ 4x _____
X-Large _____ 5x _____

Convention Highlights

Workshops
Hospitality Room
Literature for Sale
Region Key Note Speakers
Lunch and Dinner Speakers
Saturday Night Entertainment
Fun and Fellowship

Please join us in this celebration of recovery at the Region 4 OA Convention in Omaha, NE. Attend workshops and hear speakers from Intergroups throughout our 8 state, 2 province and 1 territory region. Come share your experience, strength and hope with other OA members, while strengthening your own commitment to recovery! Whether you're new to the program or an old-timer, we invite you!



Overeaters Anonymous Region 4 Convention



**July 13, 14, 15,
2012**

**Regency Lodge
Omaha, Nebraska
www.regencylodge.com
1-402-397-8000**



Hotel Information

Regency Lodge

909 South 107th Ave., Omaha, NE
68114

www.regencylodge.com

1-402-397-8000

reservations@regencylodge.com

Reservations can be made by calling the lodge or by email at reservations@regencylodge.com. All rooms are \$99.00 per night. Rooms sleep up to 4 with no additional charge. Each room comes with a fridge and microwave. Free continental breakfasts are available for paid guests of lodge. Regency Lodge also offers indoor/outdoor pools, a fitness center, and close proximity to several restaurants, a walking trail and groceries.

Reservations must be made by Friday, June 29, 2012. When reserving your room, refer to Overeaters Anonymous. If flying in, Omaha (OMA) is the nearest airport.

Shuttle service is available to and from the convention through

A&B Shuttle

Phone: 402 403-3085

Fax: 402-331-8408

To schedule, cancel or alter reservations, please call: 402 403-3085

E-mail: ShuttleOmaha@live.com

Web Address: www.OmahaShuttle.com

Please consider contributing to the "We Care" fund for donating extra to help other members.

Scheduled Meetings

Friday

Registration and Literature will be in the mezzanine.

Grand Opening 7:00 pm to 9:00 pm.

OA Meeting 9:00 pm to 10:00 pm.

Saturday (day)

Recovery meetings from 8:00 a.m. to 4:30 p.m.

Have lunch on your own, at the time you choose.

Dining will be available in the lodge or nearby.

Saturday (night)

Dinner / Entertainment / Dance

5:00 pm to 10:00 pm.

Sunday

Recovery meetings from 8:00 am to 10:00 am.

Closing at 10:00 am.

Complete program schedule and list of local restaurants will be included in registration packet.

Dinner Buffet* 7/14/12--\$35

Proteins: Strip loin, Salmon Picatta (sauce on the side)

Starches: wild rice pilaf, baked potato

Vegetables: green bean almondine, seasonal blend, broccoli and cauliflower mix

Fresh fruit

*substitutions at chef's discretion

Registration

Sign up for service (please check at least one):

- speaker
- timer
- hugger
- hospitality
- registration
- Where needed

Name / badge name

Address

Phone

E-mail

CONVENTION FEES (please circle):

Early Registration by June 29th (suggested donation)	\$25	At the Door or after June 29th (suggested donation)	\$35
Saturday Dinner	\$35	T-Shirt (\$4 shipping if not picking up)	\$17.50

Total enclosed:

Make checks to "Region 4 Convention"

Send registration form and check or money order to:

Marilyn Dudley
5921 SW Fairlawn Rd
Topeka, KS 66619
Questions for registration call 785-862-8213