

# Four Points by Sheraton

925 South University

Little Rock, AR 72204

501-664-5020

\$112(plus tax) per night\*

1-4 people per room

Reservations must be made by September 14, 2026

2 free breakfast vouchers per room

Free wireless internet, fitness center, complimentary shuttle, free parking, mini fridge & microwave in every room.

\*Identify attendance at the SOAR8 Recovery and Business Convention for this rate



Arkansas Intergroup of Overeaters Anonymous



## *SOAR8*

*RECOVERY CONVENTION &  
BUSINESS ASSEMBLY (Hybrid)*

*Little Rock, Arkansas*

*SEPTEMBER 25-27, 2026*

Convention Highlights

Registration desk opens at 3pm Friday

Workshops Begin: 4pm Friday 8am Saturday 8am Sunday

Opening Ceremony: 7:30pm Friday

Banquet & Entertainment Saturday evening!

For more information contact:

Convention Chair:  
Lauren W  
831-521-2935  
peacefulfrog419@gmail.com

Hotel Liaison:  
Margaret R  
501-258-1697  
meshelldeb@yahoo.com

Registration Chair:  
Michelle D  
501-580-6120  
mdquark@gmail.com

Register online

(A surcharge will be added when using this site)

<https://tinyurl.com/SOAR8-Reg-Form-2026>

No refunds after September 1, 2026

Name \_\_\_\_\_

Name for Badge \_\_\_\_\_

Mailing Address \_\_\_\_\_

Country: \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Intergroup Name \_\_\_\_\_

Please check ONE:

- Convention Attendee
- Board Member
- Funded Chair
- Trustee
- Region Rep
- Region Rep— 1st time
- Region Rep—virtual
- Assembly Visitor

I am willing to serve as:

- Greeter
- Hospitality
- Boutique
- Technology
- Registration
- Runner/Page
- Timer
- Drawing/Ticket sales
- Where needed
- Workshop Speaker (requires 90 days continuous abstinence)

\$50 Early Registration (by September 25, 2026)

\$65 Registration

\$45 Registration Saturday Only

\$40 Saturday Lunch

\$60 Saturday banquet

Donation/7th Tradition \$ \_\_\_\_\_

Scholarship Donation \$ \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

Mail check (payable to Central AR Intergroup OA) to

Cara G(carag213@hotmail.com): 5419 Stonewall Rd; Little Rock, AR 72207