



## Baton Rouge Intergroup Spring Retreat May 5th - 7th, 2023

### “Abstinence: More than a Food Plan”

“Abstinence is the action of refraining from compulsive eating and compulsive food behaviors while working towards or maintaining a healthy body weight” (*OA World Service definition*).

“Abstinence is a state of mind characterized by freedom from our obsession with food. A plan of eating is a tool that helps us begin. Remember that the 12 Step Program of Overeaters Anonymous, not any particular food plan, is the key to long term recovery” (*Pamphlet “Where do I Start p.17”*).

**Question:** How do I reach that state of mind??? Come learn how!!!

**Where:** Feliciana Retreat and Conference Center Lodge <https://frccenter.org>  
10274 Hwy 422, Norwood, LA 70761

**Weekend Registration includes:** 2 nights lodging in 1 room: 2 twin bed per room, linens & private bath, 2 dinners, 1 lunch, 2 breakfasts (menu will be emailed 2 weeks prior to event)– **\$195.00**  
**Saturday Day - Tripper** (lunch included) – **\$50** (a few partial scholarships are available for those in need of financial assistance, email [oabatonrouge@gmail.com](mailto:oabatonrouge@gmail.com) to inquire).

- Check-in Friday begins at 4:00pm / Dinner on Friday is at 6:00pm
- Welcome to the Retreat begins at 7:30pm
- Retreat concluded Sunday at 11:00am

***Full payment is due with the registration form.***

**To register online:** [click here](#) to fill out the form. We accept Venmo or mailing in a check

**Registration deadline: Sunday, April 16th** (capacity: 42 weekend registrants, adtn'l 38 registrants Sat. only)

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To register by mail - fill out this form and send a check to: BRIG Spring Retreat PO Box 14815, Baton Rouge, LA 70898.

Contact: BRIG Retreat Committee at [oabatonrouge@gmail.com](mailto:oabatonrouge@gmail.com) if you have any questions.

Full Name: \_\_\_\_\_ Roommate: (write “request one” if needed) \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Dietary Allergens: \_\_\_\_\_

Special Needs due to Disabilities: \_\_\_\_\_

\*\*\*If you would like to donate to the scholarship fund, please make a notation on your check/venmo \*\*\*