

**A celebration of  
Physical, Emotional & Spiritual  
Recovery from Compulsive Eating**

We welcome newcomers as well as long timers. Many who have been struggling have said attending a retreat was the turning point in becoming abstinent.

Everyone can contribute and discover how to live in the freedom of recovery. Strong bonds are forged at retreats, as we focus our time and our thoughts on recovery.

One day at a time.



April 19-21, 2024  
“Conquering the Disease”



“Steiner Bell Lodge”  
at the Wafloy Mountain Retreat  
Gatlinburg, Tennessee

This spring, join OA Middle Tennessee Intergroup for a retreat in the beautiful Smoky Mountains! It will be a weekend of shared experience, strength & hope.

To register, click [here](#) or visit:  
[www.OANashville.org](http://www.OANashville.org)

For questions, please call/text/email:  
Sarah G. at 615-424-3889 or sarah\_glover3@aol.com

## Retreat Details

Check in as early as 4:00pm EST Friday, April 19th and explore the beautiful area on your own. Please note that no meals will be available on Friday. Arrival after dark can be challenging on the mountain roads, but registration will be open until 10:30 pm.

We kick off the retreat at 7:30 pm EST with games & activities to follow, and then the day will wrap up with a late-night OA meeting at 9:00 pm.

The rest of the weekend is devoted to recovery workshops. There will be time for other activities such as hiking, meditation and simply relaxing and getting to know one another. Checkout will be by 11:00 am immediately after the Sunday morning session.

**Additional details will be provided  
with registration confirmation  
( including directions to Steiner Bell Lodge )**

\* **PLEASE NOTE:** Unfortunately, the facility is not Handicap accessible. The meeting room and some rooms are on the second floor and there is no elevator. However, people will be standing by to assist with luggage upon arrival.



## Cost Details

1 per room, meals + registration = \$313

2 per room, meals + registration = \$215/pp

3 per room, meals + registration = \$186/pp

4 per room, meals + registration = \$171/pp

All meals + registration (no room) = \$117

Saturday-only registration (no meals/room) = \$36

**Room Details:** Each room includes 2 queen beds, private bath, & balcony. Rooms can accommodate up to 4. No refrigerators, microwaves, TVs or phones in the room. No toiletries are provided; bring your own.



## Registration with Meals & Beverages:

Includes 3 buffet style meals: Sat & Sun breakfast and dinner on Sat. Saturday lunch is pre-boxed. Vegetarian options available on request. Tip is included, but bring cash for beverages - All you can drink coffee and tea will be available for \$5. Soda & water will be available for \$1.



Features include large dining area, meeting rooms with wood-burning stone fireplace and scenic porch with rocking chairs.

## **For Scholarship Information, contact:**

Sarah G. at 615-424-3889 or sarah\_glover3@aol.com