



AL-ANON SPRING ESCAPE 2017

June 2, 3, and 4, 2017 in Ancaster, Ontario at Mount Mary Immaculate Centre



LOVING OURSELVES

Let It Begin with Me

Focused on the Al-Anon Program and sponsored by District 20, this weekend get-away is for men and women who have been affected by someone else's drinking. The weekend offers: meditation, Pilates, discussion meetings, outdoor walks, a speaker meeting, an evening bonfire, laughter and the warmth and support of fellowship.

- **The cost of \$195.00** covers a single or double room on Friday & Saturday nights, and meals from Saturday breakfast to Sunday lunch, inclusive. **There are 34 places available.**
- Once you register, you'll receive a confirmation email. If the spaces are already filled, you will receive notification that you are on the waiting list. Closer to the weekend, confirmed registrants will receive a Welcome package with driving directions.
- To reserve your spot, please send a completed registration form and a cheque; cash will not be accepted.
- **Send form and cheque for \$195.00 payable to Spring Escape, post-dated no later than April 29, 2017 to:**

SPRING ESCAPE,

c/o #801, 383 Ellis Park Road, Toronto, ON M6S 5B2

If you require more information before registering, please contact Peter A. at:

peter.eh.armstrong@gmail.com or (416) 931-7865

Registration Form - Your personal information will be used only for Spring Escape 2017 **Registration**

This is my first visit to Spring Escape. I would like to volunteer to help out on the weekend.

Name: _____

Address: _____

Phone: _____ **E-mail:** _____

Accommodations at Mount Mary:

- I would like a single room
- I would like to share a room with _____
- Do you have trouble with stairs?

Please note: Reservations are on a first-come, first-served basis. If you must cancel, please let us know as soon as possible. Our first priority will be to those on the waiting list. If we are unsuccessful, you will be responsible for finding a replacement or your payment will be forfeited.