



AL-ANON SPRING ESCAPE 2019

May 31, June 1 and 2, 2019 in Ancaster, Ontario at Mount Mary Immaculate Centre.

**HEALTHY
RELATIONSHIPS**



Putting the Puzzle Together

Focused on the Al-Anon Program and sponsored by District 20, this weekend get-away is for anyone who has 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 this experience is \$190.00 per person and covers a single or double room on Friday and Saturday nights, meals from Saturday breakfast to Sunday lunch, inclusive. There are 30 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 wait list. Closer to the weekend, confirmed registrants will receive a welcome package with driving directions.
- To reserve your spot, payment by e-transfer can be sent to the e-mail address below. Please also send the completed registration form by e-mail or Canada Post.
- If not paying by e-transfer, please send the form and cheque for \$190 payable to Spring Escape, post-dated no later than April 26, 2019 to:

SPRING ESCAPE

c/o 29 Glendonwynne Rd., Toronto, ON M6P 3E5

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 2019 registration

This is my first visit to Spring Escape. I would like 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?

Food preferences: Please indicate if you require () gluten-free () vegetarian or () rice milk

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.