

Newmarket AFG

Thursday Night

We invite you to an Al-Anon Day of

Recovery through the Traditions

Featuring Al-Anon with AA participation

- ▲ Traditions Meditation sound bath to start the day
- ▲ Panels, workshops and special guest speakers:



- **Rick J.** Al-Anon, Oakville
- **Olaf S.** Al-Anon, Toronto



- **George H.** AA, King City
- **Jay H.** AA, Oshawa

- ▲ Literature table, lunch for purchase, door prizes
- ▲ 7th Tradition



Saturday July 20th.

570 Steven Court, Newmarket

Doors Open at 9:00am