

Register: www.oaregion4.org

***** or *****

Full Name _____

Address _____

City _____

State/Prov _____ Zip Code _____

Telephone _____

Email _____

Badge Name _____

Early Registration
(**BY** May 25, 2018) \$35.00 _____

Registration (**AFTER**
May 25, 2018) \$45.00 _____

Banquet (circle one)
Mushroom /fish/
chicken \$35.00 _____

Optional donation to
scholarship fund \$ _____

Total Enclosed \$ _____

Any unused registration and banquet fees will be considered a donation. There will be no refunds.

If paying by check, make it payable to:
OA Region 4 Convention

Send registration form and check to:
Jo Schechinger, Registration
309 SE Harvest Park Drive
Ankeny, Iowa 50021

(must be postmarked by May 25, 2018)

Questions? 515-943-4183

Banquet Menu \$35.00 per person

Salad: Romaine and iceberg lettuces, julienne carrots and zucchini, plum tomatoes. Salad dressings (on table): red onion parmesan and balsamic vinaigrette.

Entrees: (choose one)
No substitutions, please.

Stuffed Portobello Mushroom filled with couscous, grilled vegetables, and herb red pepper garnish.

Pan Seared Chicken Breast herb marinated with roasted shallot demi-glace on the side, roasted plain sweet potato, vegetable medley of plain broccoli, cauliflower and carrots.

Grilled Salmon with citrus and dried cherry glaze on the side, roasted plain sweet potato, vegetable medley of plain broccoli, cauliflower and carrots.

Dessert: Mixed fruit cup.

Coffee: Served after dinner upon request.

On each table:
Rolls and butter
Iced tea and water

Convention Highlights

Region 4 Keynote Speakers
Workshops
Entertainment
Fun and Fellowship
Hospitality Room
Boutique—Silent Auction
Literature for Sale

This is a Region 4 fund-raising event.

**2018
Overeaters Anonymous
Region 4 Convention**



Please join us at the 2018 Region 4 Overeaters Anonymous *Show-Me Recovery: Together We Get Better* Convention in St. Louis, MO. Attend workshops and hear speakers from other Intergroups throughout our 8 state, 2 province and 1 territory Region. Come and share your experience, strength, and hope with other OA members, and grow in your own commitment to recovery.

Tentative Schedule:

5:00 pm Registration Opens

7:00 pm Grand Opening

7:30–9:00 pm Speakers/Sessions

Saturday June 23

8:00 am Registration Opens

8:30–11:30 am Speakers/Sessions

11:30 am Lunch Break

1:30–4:00 pm Speakers/Sessions

6:00 pm Banquet

7:00 pm Speakers/
Entertainment

Sunday June 24

8:00 am Registration

9–Noon Speakers/Sessions

Noon Closing

**Hotel Information
Sheraton Westport
Plaza Hotel**

900 Westport Plaza
Saint Louis, MO 63146

All rooms are **\$95.00** per night
(+ taxes).

Note: This rate is good only if
reservations are made by
Friday, June 1, 2018

To reserve room online:
[https://www.starwoodmeeting.com/
book/overeaters](https://www.starwoodmeeting.com/book/overeaters)

Or register by Phone:
1-844-260-2645
If registering by phone, please
reference code:
Overeaters Anonymous

Hotel Amenities:

Limited mini fridges and microwaves
(on a first come/first serve basis).
Free parking
Free airport shuttle
Wifi
Fitness room
Restaurant

Service Opportunities

Please check at least one...

Speaker ___ Hospitality ___
Timer ___ Registration ___
Hugger ___ Where Needed ___

All scholarship requests:
treasurer@oaregion4.org



Serenity Prayer

God grant me the Serenity
to accept the things I cannot change,
Courage to change the things I can,
and Wisdom to know the difference.