



## **Overeaters Anonymous**

### **BACK TO BASICS WORKSHOP**

**Hosted by the Twelfth-Step Within Committee and the Derry Meetings  
Sponsored by New Hampshire Intergroup**

**Date: Sunday, September 26, 2010**

**Time: 2:00pm to 5:00pm / Registration: 1:30 pm to 2:00pm**

**Place: Camp Allen, 56 Camp Allen Road, Bedford, NH**

\*Handicapped accessible

### **WORKSHOPS and PANEL of SPEAKERS**

**To share their experience, strength and hope on:**

- **A Program of Tools not Rules**
- **The Solution is in the Steps**
- **The Recovery Checklist**

**Bring a friend ... Newcomers Welcome ... Recharge Your Recovery  
Welcome Back ... A Program of Action ... Donations Appreciated**

**For more information, please call:**

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Local number (603) 434-7578**

**[www.oanewhampshire.org](http://www.oanewhampshire.org)**

## **Directions to Camp Allen:**

**From north of Bedford: Follow 93 South to 293 South to 101 West. Please stay in the center lane so that you do not go off on the toll road. Take a right at the Bedford exit (see Macy's). Go right at the light onto South River Rd. At the second light, in front of Dunkin Donuts take a right onto Back River Road. Follow for about 1.5 miles and then take a left onto Camp Allen Rd all the way to the end.**

**From south of Bedford: Follow 93 North to 293 North to 101 West. Get off at the Kilton Road exit, and go right at the light in front of the Bedford Mall (there are two or three lights on Kilton Road, make sure you turn right onto South River Rd). Continue until you are in front of the Dunkin Donuts and then take a right onto Back River Road. Follow for 1.5 miles and then take a left onto Camp Allen Rd all the way to the end.**

**From east of Bedford: Get on 101 West (293). Take the Kilton Road exit and then a right in front of the Bedford Mall. In front of Dunkin Donuts take a right onto Back River Road. Follow for 1.5 miles and then take a left onto Camp Allen Rd all the way to the end of the road.**

**From west of Bedford: Take 101 East, and continue on 101 East at the intersection of 114, 101 East (293) take a right. Get off at the next exit: Meeting House Road, South River Road, take a left off the exit and a right onto South River Rd. At the Dunkin Donuts take a right onto Back River Road. Follow for 1.5 miles and then take a left onto Camp Allen Rd all the way to the end.**

***Parking is in the lower lot. Handicapped parking is in the upper lot.***

***The Back to Basics is in the Main Building (the Dining Hall).***