



THURS. APRIL 2, 2020

AL-ANON

DISTRICT 8

SPRING FLING

Self-Care – What a Novel Idea!

6:00 – 6:30pm Registration & Fellowship

6:30 – 6:45pm Welcome

6:45 – 7:15pm Table Talk

7:15 – 7:45pm Book Club

7:45 – 8:00pm Alateen Self Care

8:00 – 8:30pm Enjoy Self Care Activities

**Join us for Fun,
Fellowship & Food!**

**Don't miss out on
Raffle Prizes!**

**Explore new ideas
of self-care!**

Make new friends!

**Support our
Alateens selling
flavored water!**

WHERE:

**Cedar Rapids Christian Church
727 Collins Rd. NE
Cedar Rapids, IA**

Time: 6:00pm – 8:30pm

**Please bring an appetizer to
share!**

**Directions to Cedar Rapids Christian Church:
From I380, take Hwy 100/Collins Rd. exit East.
Church is located on right side of street past
Council Street.**