

# BE GOOD TO YOURSELF AFTERNOON

NOVEMBER 13, 2021 - 1:00 to 4:00 pm

Sponsored by District 4 – Iowa Area

## The Stepping Stones of Al-Anon: Slogan Boot Camp and Carrying the Message

*The Be Good to Yourself Afternoon is designed  
To foster fellowship and personal growth.*

Join the Zoom Meeting:

<https://us02web.zoom.us/j/88541890271?pwd=N1E3THNIaXZJUHNlbVpETDVXQ2Nvdz09>

Questions? Contact Beth at [lovemycats2004@gmail.com](mailto:lovemycats2004@gmail.com) or Kristine at [iowadistrict4afg@gmail.com](mailto:iowadistrict4afg@gmail.com).



Slogans Bootcamp

Carrying the Message–  
What Can You Do?



This is a District 4 Event.  
We encourage attendees to send 7<sup>th</sup> Tradition donations to:

District 4 Treasurer  
PO Box 417  
Wellsburg, IA 50680