

AA Illinois District 18 Activities Committee Presents



Meditation Event

Central Service Office (CSO)

409 Broadway Unit C-1
South Roxana, IL 62084

Saturday, March 1st
1:00~3:00pm

Rae T. will be hosting

Agenda: First half—mediation workshop
Second half—singing bowl meditation

Activities committee will provide water and a snack.

Bring a yoga mat if you have one, in case we don't have enough.

FYI

**The Activities Committee is a self-supported group.
We are not given a budget from AA District 18.**

We *do* accept donations from individuals and groups. If you think what we do is good for AA, please contribute. Be sure that it's marked for the Activities Committee. Thanks!

