

Register for the Conference online at www.oaregion4.org or by mail:

First Name _____

Last Name _____

Address _____

City _____

State/Prov _____ Zip Code _____

Telephone _____

Email _____

Registration Fees:

Early Registration	\$40 _____
After June 12	\$50 _____
Buffet	\$25 _____
Banquet	\$30 _____

Circle one:
Chicken Salmon Lasagna

Optional donation \$ _____

Total \$ _____

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

Send registration form and check to:
OA c/o Barb
11722 SW Diamond Rd
Augusta, KS 67010
**(must be postmarked by June 12
for early registration discount)**

Lunch Buffet

Assorted deli-sliced meats & cheeses, multigrain bread, onion, tomato, lettuce, dill pickles, condiments, Sheraton House lettuce salad (no dressing added), vinegar & oil or lite ranch available, fresh fruit salad

Dinner Banquet

Pan-Roasted Chicken
Marinated chicken chop, wild rice blend, grilled asparagus, roasted red pepper coulis sauce, fresh fruit salad

Seared Salmon
Herb-crust salmon filet, Mediterranean couscous, artichoke hearts, oven-dried tomatoes, herb pesto, fresh fruit salad

Lasagna
"No pasta" eggplant lasagna, grilled asparagus, fresh fruit salad

Notes:
Questions? Call 316-733-2136
Any unused registration and banquet fees will be considered a donation. There will be no refunds.

Send all scholarship requests to:
treasurer@oaregion4.org

Hotel Information

Sheraton Omaha Hotel
655 North 108th Avenue
Omaha, Nebraska 68154
402-496-0850

[Hotel Reservation Link](#)

Special group rate is \$94 + tax/night (includes breakfast); rates available three days prior to and after Convention.

Note: This rate is good only if reservations are made by Friday, June 12.

If registering by phone please use this reference code:

Overeaters Anonymous

Hotel Amenities:

- Mini fridges, microwaves (request when registering)
- Free on-site parking
- Restaurant
- Indoor swimming pool
- Fitness center
- Free high-speed internet

Schedule

Friday July 10

5:00 pm

Registration Opens

7:00 pm

Grand Opening

7:30–9:00 pm

Keynote Speaker

Saturday July 11

7:00 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

Keynote Speaker

Entertainment

Sunday July 12

9:00 am–12:00 pm

Speakers/Sessions

12:00pm

Closing

Overeaters Anonymous

Region 4 Convention

JULY 10 - 12, 2020

Sheraton Omaha Hotel

655 North 108th Avenue

Omaha, Nebraska 68154 402-496-0850

Service Opportunities (please check one):

Speaker _____ Hospitality _____

Timer _____ Registration _____

Hugger _____ Where needed _____



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.

Please Join us!

Region 4

Overeaters Anonymous 2020 Vision Through Recovery Convention



July 10-12, 2020

Omaha Nebraska

Speakers, Entertainment,
Boutique, Workshops,
Literature, Meetings and
Fellowship!