

Schedule

Friday, July 15

5:00 pm

Registration Opens

7:00 pm

Grand Opening

7:30–9:00 pm

Keynote Speaker

Saturday, July 16

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 17

9:00 am–12:00 pm

Speakers/Sessions

12:00pm

Closing

Overeaters Anonymous Region 4 Convention July 15 – 17, 2022

Double Tree by Hilton Hotel

Downtown Omaha

1616 Dodge St., Omaha, NE 68102

Phone: 402-346-7600



Service Opportunities

Text choices to: 316-733-2136

Speaker _____ Hospitality _____

Timer _____ Registration _____

Greeter _____ 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.

2022

Overeaters Anonymous Region 4 Convention in Omaha, Nebraska July 15 – 17, 2022



Speakers
Entertainment
Boutique
Workshops
Literature
Meetings
Fellowship!

Register for the Convention 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 15 \$50 _____

Buffet \$35 _____

Banquet \$45 _____

Circle one:

Chicken Salmon Portabella

Scholarship Donation \$ _____

7th Tradition 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 Road, Augusta, KS 67010

Registration must be postmarked by June 15, for early registration discount.

Saturday Lunch Buffet

\$35.00 per Person

“Build-Your-Own” Sandwich Buffet

Mixed Green Salad

Lite Ranch and Oil & Vinegar

Assorted Deli Meats and Cheeses

Multigrain Bread

Onion, Tomato, Lettuce, Dill Pickles

Assorted Condiments

Seasonal Fresh Fruit Salad

Saturday Banquet

\$45.00 per Person

Adobo Chicken

Adobo Rubbed, Pan-Seared

Chicken Breast with Fire-Roasted Corn

Salsa, Wild Rice, Grilled Asparagus

Seared Sustainable Salmon

Herb-Crusted Salmon Filet

with Herb Pesto,

Mediterranean Couscous

Grilled Portabella Stack

Zucchini, Squash, Red Pepper,

Roasted Tomato, Balsamic Glaze

Double Tree Salad

Included with all meals

Mixed Greens, Grape Tomatoes,

Cucumbers and Carrots

Dressings: Lite Ranch and

Oil & Vinegar (on the side)

For Hotel Registration

OA R4 Direct Link For Attendees

If making reservations by phone

Call **402-346-7600**

And use code: **OVA**

Hotel Rates: \$109/single, \$109/double

Rates are good for 3 days before and after convention.

Room rates include

breakfast that accommodates most food plans.

Hotel Amenities

Parking

Digital Key

Airport shuttle

On-site restaurant

Indoor pool

Fitness center

Pet-friendly rooms

Room service

Business center

Notes:

Registration questions?

Text to: 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