



# 2023 COSIG Fall Retreat

## October 6th - 8th

### At Camp Akita in Logan, Ohio

**Join us for a weekend of recovery, fellowship and respite as we explore the power of choice found through recovery from the disease of compulsive eating**

#### **Program**

##### **Recovery: The Power of Choice**

Weekend-long program including presentations, speakers' personal stories, panel discussions and workshop-style breakout sessions.

- Program begins at 7:30PM Friday, October 6 (check-in opens at 6PM)
- Program closes at noon Sunday, October 8

Additional activities including OA meetings, nature walks, campfires, meditation and yoga. Saturday night party/entertainment.

#### **Lodging and Meals**

Sleep-away camp located in the Hocking Hills region of Ohio. Handicapped accessible.

Sleeping arrangements will be two-to-a-room (each room contains two bunk beds)

Attendees must bring their own bedding, towels, and toiletries

Meals and beverages provided:  
Saturday breakfast, lunch, and dinner  
Sunday breakfast  
Coffee, tea and water

Refrigerators/microwave available for those needing to bring their own meals

#### **Cost and Registration**

Cost: \$125\*\* (\$100 if registered by July 15<sup>th</sup>)

Register at <https://2023retreat.regfox.com/2023-cosig-fall-retreat>

\*\* Limited number of need-based scholarships available. Call (614) 636-1554 for more information

