

# SCPOAI April 2024 Retreat

## Energize-Empower-Inspire-Repeat

April 12 – 14, 2024  
Camp Hebron  
Halifax, PA 17032



When: Registration begins January 15 (ends March 15) at SCPOAI.org  
Where: Camp Hebron, Halifax PA (camphebron.org)  
Who: Any member of Overeaters Anonymous  
Cost: Each room has 1 Queen and 2 Twin beds  
4 people/room = \$ 185/person  
3 people/room = \$ 210/person  
2 people/room = \$ 260/person  
1 person/room = \$ 410/person  
Why: Fellowship and growth

### Details:

We will be sleeping and eating in Sylvan. There is an elevator. Rooms include heat, a/c, bedding, towels and a private bath. Group meetings will be held at Creekside. This is a short walk from Sylvan or you can drive. Five meals will be included...breakfast, lunch and dinner on Saturday and breakfast and lunch on Sunday. All food needs and allergies are expected to be accommodated. Meal times are 8am, 12noon and 5pm. You are welcome to bring cups/scale as needed.

Registration will be 4:30pm – 6:30pm on Friday, April 12. You are responsible for your own dinner on Friday. Programming will begin at 7pm Friday. The event concludes after lunch on Sunday. There will be workshops Friday, Saturday and Sunday, a speaker on Sunday and various craft and sporting activities available (hiking, bonfire, hayride, fellowship). Horseback riding is available at an additional cost of \$25 to be paid in cash the day of the ride. There will be a Ways and Means opportunity. Please consider having your group create an entry to donate; consider groupings of gardening supplies, crafting, journals, adult coloring, literature, zen, beach, bath, coffee or tea, etc. Please be generous.

Saturday day-trippers are welcome. The cost is \$60/person and this includes breakfast, lunch and dinner on Saturday (8am, 12noon and 5pm). All activities included except horseback riding is extra as noted above.

If you have questions about the retreat, please contact Diane S. at 610.914.1648