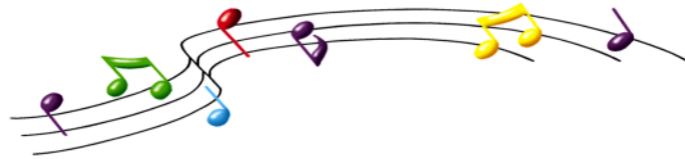
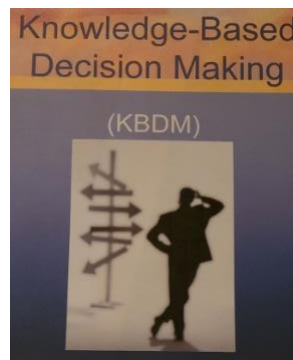
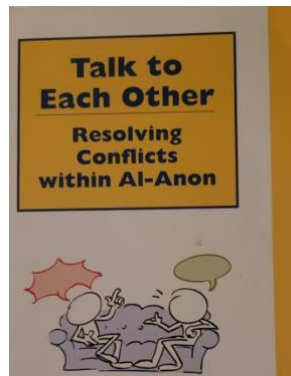


*Virtual*  
*District 8 Day in Recovery*  
Saturday, October 24, 2020  
Time 10:00 am - 2:00 pm



**The Times They Are A-Changin’**  
**Tune Up with Al-Anon Tools**



**Speaker - Kari O. (CO Area Alt-Delegate)**

Registration limited to 100 people.  
You **must** register for the event on  
October 17th or 18th

Zoom login info for  
registration and event will be  
emailed mid-October. Stay tuned!

**Suggested donation \$10.00**

**Schedule for the Day**

10:00 Welcome and Opening  
10:10 Breakout meetings  
11:15 Break  
11:25 Speaker  
12:25 Break  
12:35 Breakout meetings  
1:40 Break  
1:45 Closing

Questions? Contact Patti M. 804-971-9376 or [alanonlongmont@gmail.com](mailto:alanonlongmont@gmail.com)