

PRILIMINARY CAMP HIGH ROAD SCHEDULE

Friday – May 30	Saturday – May 31	Sunday – June 1	
<p align="center"><u>Notes</u></p> <p>Workshop Guidelines Duration: 1 hour Speaker: Up to 20 min Individual Shares: 3 min</p> <p>Fund Raising (\$1.50, 5 for \$5) Raffle for donated program related items (literature, tapes/CDs, artwork, etc.)</p> <p>Tickets will be sold during breaks and at meals.</p> <p>Registrants are encouraged but not not required to bring something for the raffle.</p> <p>Meals Day-trippers may purchase individual meals for the prices shown on the menu. Notify the registrar by 5/15/08.</p>	7-8 a.m. Physical Awakening Activity	7-8 a.m. Physical Awakening Activity	
	8-9 a.m. Breakfast	8-9 a.m. Breakfast	
	9 – 9:15 a.m. Guided Meditation – <i>Just for Today</i>	9-9:15 a.m. Guided Meditation - <i>I Put My Hand in Yours</i>	
	9:15-10:15 a.m. Speaker. Relapse & Recovery	9:15-10:15 – Spirituality: Blessings, Connections, Gratitude	
	10:30 -11:30 a.m. Speaker: Abstinence Through Adversity	11 p.m. – noon – Slogan Mania -Impromptu/ Improv/Free for All	
	Noon:-1 p.m. Lunch (Announcement about Sat afternoon & Sunday Morning creative activities concurrently running: 1. A Vision for You scrapbook/poster 2. Design Your own God Box. 3. Love Bag decoration.)	Noon-1 p.m. Lunch Appreciation/ What I Learned at Camp	
	1 p.m.- 2 p.m. Optional -Activity Choice: Silent Meditation Walk or Walk & Talk treks through woodlands	1 p.m. Checkout	
	2-3 p.m. Speaker: Balance: Relationships & Boundaries		
	4 p.m. Check-In		3:15-4:15 p.m. Speaker Body Image
	5:30 p.m. Dinner		4:15 -5:30 p.m. free time
6:30 p.m. Welcome, kickoff - Speaker/Leader <i>Icebreaker Activity – Interviews/introductions – 5 things in common.</i>	5:30-6:30 p.m. Dinner		
7:45 p.m. Speaker: Acceptance, Surrender, & All that Good Recovery Stuff	6:30-7:30 p.m. Speaker: Humor in Recovery		
9 p.m. Guided Meditation – <i>The Promises</i>	8 p.m. Bonfire / Talent Show / Raffle Drawing		
	9 p.m. Guided Meditation/ Relaxation - <i>Prayer on Replacing Defects, Self Acceptance</i>		