

WORKSHOPS

SATURDAY MORNING WORKSHOPS

7:15 - 8:15 am

- Workshop 1** **Mindful Relaxation - Journey to Serenity** Yardley Room
Facilitators: Caroline W & Mary G, Eagleville, PA
- Workshop 2** **Let's Start with a Deep Breath** Newtown A & B
Relax and Remember How to Breathe
Facilitator: Michelle L, Jenkintown, PA

SATURDAY LUNCHTIME WORKSHOPS

12:45 - 1:45 pm

- Workshop 3** **Jar of Plenty - Suggestions for Survival** Newtown A
Facilitators: Brenda B, Lynda S, Danielle S, Doylestown, PA
- Workshop 4** **Thinking about Giving Back? See How it Works!** Newtown B
Facilitator: June O, Newtown, PA
- Workshop 5** **The Benefits of Being a Sponsor - A Sponsee Relationship!** Yardley Room
Facilitators: Kathy S, Langhorne, PA - Patty M, Langhorne, PA
- Workshop 6** **Spirituality Walk** Yardley Room
Facilitators: Ellie F, Landsale, PA & Patty N, Willow Grove, PA

SATURDAY EARLY EVENING WORKSHOPS

5:00 - 6:00 pm

- Workshop 7** **A Vision for You - Sharing About Your Higher Power** Newtown A
Facilitators: Katie & Kristen, Willow Grove Narateen
- Workshop 8** **Recipe for Recovery - Making Nar-Anon Soup** Newtown B
Facilitators: Linnae G, Fleetwood, PA
- Workshop 9** **Laughter is the Best Medicine - Fake it Until You Make It** Global Bistro
Facilitators: Bebe D, Joanne L, Lisa C, Mary Rose S, Phila, PA 1st Floor

SUNDAY EARLY MORNING WORKSHOP

7:15 - 8:15 am

- Workshop 10** **Mindful Relaxation - Journey to Serenity** Yardley Room
Facilitators: Caroline W & Mary G, Eagleville