

ALCOHOLICS ANONYMOUS

Alcoholics Anonymous (AA) is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. The primary purpose is to stay sober and help other alcoholics to achieve sobriety. Al-Anon meets each Thursday @ 8:00 PM in Paine Hall.

AL-ANON

Al-Anon: Friends and families of problem drinkers find understanding and support at Al-Anon. Members do not give direction or advice to other members. Instead, they share their personal experiences and stories, and invite other members to “take what they like and leave the rest”-- that is, to determine for themselves what lesson they could apply to their own lives. Personal contact is an important element in the healing process. Al-Anon meets each Thursday @ 10:00 am – 11:15 am in North Hall.

WIN & LOSE

Win & Lose is a weight loss support group that has been going strong for many years. All that is required to join is that you must lose ¼ pound per week or 1 pound per month until you reach your desired weight. The group learns about nutrition, label reading, and ideas for healthy eating and shares their success stories. The group meets each Friday at 9:00 am in East Hall.