

## I CAN BE OF SERVICE!

### I want to volunteer during the Assembly for:

- Speaker (1 yr abstinence + 12 steps)
- Workshop Leader (6 mos)
- Meeting Leader (6 mos)  
My CEA-HOW abstinence date for any of the above is \_\_\_\_\_
- Setup (noon on Friday)
- Cleanup (noon on Sunday)
- Signing Waiver for Speakers
- Assisting with Fashion Show
- Being a model in Fashion Show
- Checking in registrants
- Selling literature
- Collecting Banquet tickets
- Selling raffle tickets
- Setting up auction tables
- Being a Greeter
- Being a Coffee Person
- Being a Timer (give 5 min. warnings)
- Other \_\_\_\_\_

### I want to volunteer prior to the Assembly for:

- Soliciting items for silent auction
- Providing items for silent auction
- Preparing auction items for display
- Working on a Basket
- Assisting with Fashion Show
- Decorating
- Assembling registration packets
- Chairing an Assembly committee
- Making Assembly announcement at regular CEA-HOW meetings
- Other \_\_\_\_\_

## CEA – H.O.W.

We have a solution – 24 hours a day

"We shall be with you in the Fellowship of the Spirit,  
and you will surely meet some of us as you  
trudge the Road of Happy Destiny."  
Alcoholics Anonymous page 164.

A program for anyone who has a desire to stop eating compulsively!



CEA-HOW is a registered  
trademark of  
Compulsive Eaters Anonymous - H.O.W.  
[www.ceahow.org](http://www.ceahow.org)

# TRUDGING THE ROAD OF HAPPY DESTINY TOGETHER

**CEA – H. O. W.  
Area II Assembly**

February 20-22, 2009



**HOTEL & CASINO**  
9090 Alta Drive  
Las Vegas, NV  
866-636-7111

## HOTEL INFORMATION

Contact the hotel directly for reservations at

**866-636-7111**

Room Rate is \$120 per night (Fri and Sat)  
Room Rate is \$60 per night (Sun - Thurs)  
No extra charge for double

When registering use Group Code: **9CEAC02**

Before making travel arrangements, please contact the Front Desk 877-677-7111 for shuttle times. Make shuttle reservations 72 hours before arrival.

All reservations must be guaranteed and accompanied by a first night room deposit or guaranteed with a major credit card.

**Prices and availability are guaranteed only until 1/21/09 so please make reservation before then.**

### Accommodations include:

Complimentary fitness center  
Complimentary parking  
Complimentary swimming pool  
Shuttle to and from Strip Hotels  
Complimentary Refrigerators  
Gambling and Movie Theaters  
19 Miles from McCarran Airport

## CONFERENCE DETAILS

**When:** February 20-22, 2009  
**Where:** Suncoast Hotel & Casino  
9090 Alta Drive  
Las Vegas, NV  
**Registration:** \$45 prior to January 20\*  
\$55 after January 20  
**Banquet:** \$50 prior to January 20\*  
\$60 Jan20 – Feb 6\*\*  
**Both:** \$90 prior to January 20\*  
\$110 Jan20 – Feb 6\*\*

\*Must be postmarked on or before Jan 20.  
\*\*Banquet tickets not available after Feb 6.

**Please mail payment and registration to:**  
Rachel Prescott  
3502 Edgehill Street  
Grapevine, TX 76051

### For more information contact:

- Mindy D. 702-249-2511
- Debbie M. 702-309-0233

## SCHEDULE

Friday	Registration begins	2:00 pm
	Workshops/Speakers begin	3:00 pm
	Opening Ceremony	7:30 pm
Saturday	Meditation meeting	7:00 am
	Workshops/Speakers begin	8:30 am
	Dinner, Keynote Speaker, Dancing, and Fashion Show	6:00 pm
Sunday	Meditation meeting	7:00 am
	Workshops/Speakers begin	8:30 am
	Closing prayer	11:45 am

## REGISTRATION FORM

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Phone # \_\_\_\_\_

Guest Name (if any) \_\_\_\_\_

Put me on the outreach list Yes\_\_\_ No\_\_\_

If Yes please fill out the following as applicable:

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_ Carrier \_\_\_\_\_

Best time to call \_\_\_\_\_ TimeZone \_\_\_\_\_

Email \_\_\_\_\_

Sponsor (circle all that apply) F I S M

### I have enclosed payment for:

Qty		Total
	<b>On or before January 20</b>	
___	Registration only @ \$45	_____
___	Banquet* only @ \$50	_____
___	Registration and banquet @ \$90	_____
	<b>After January 20</b>	
___	Registration only @ \$55	_____
___	Banquet* only @ \$60**	_____
___	Registration and banquet @ \$110**	_____

### \*Dinner selection (meets CEA-HOW guidelines)

\_\_\_ Beef      \_\_\_ Chicken

\_\_\_ Vegetarian

\*\*Banquet tickets not available after Feb 6.

**Total amount enclosed**      \$ \_\_\_\_\_

(Registration and Banquet fees are non-refundable)

**Please make checks payable to:  
CEA-HOW Area II**